

Eat Well Recipe

Lime Cilantro Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 teaspoon olive oil
- ¼ cup lime juice
- ¼ cup chicken broth
- 1 teaspoon minced or chopped garlic
- ¼ cup chopped fresh cilantro, packed
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

Directions: Coat chicken with olive oil and place in crock pot
In a small bowl, combine lime juice, chicken broth, garlic, cilantro, salt and pepper. Spoon mixture evenly over chicken; Cook on LOW 6-8 hours or HIGH 3-4 hours. Shred chicken and use for quesadillas or tacos.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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