



Salsa Verde Chicken with Cauliflower Rice



1/4th of recipe (about 1 1/4 cups): 206 calories, 3.5g total fat (0.5g sat fat), 769mg sodium, 14.5g carbs, 3.5g fiber, 5.5g sugars, 28g protein

Freestyle™ [SmartPoints®](#) value 0*

[SmartPoints®](#) value 2*

Prep: 15 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 45 minutes



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

1 lb. raw boneless skinless chicken breasts, halved
1/4 tsp. each salt and black pepper
1 cup salsa verde (tomatillo salsa)
1/2 cup chopped green bell pepper
1/2 cup chopped onion
One 4-oz. can diced green chiles, not drained
1 1/2 tsp. chopped garlic
1/2 tsp. ground cumin
1/2 tsp. chili powder
3 cups roughly chopped cauliflower (or HG Alternative)
Optional topping: chopped fresh cilantro

Directions

Place chicken in a slow cooker, and season with salt and black pepper. Add 1/2 cup water and all remaining ingredients *except* cauliflower. Stir to mix.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks -- one to hold the chicken in place and the other to scrape across and shred it. Return shredded chicken to the slow cooker, and mix well.

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Add cauliflower rice to the slow cooker, and stir to mix.

If cooking at low heat, increase heat to high. Cover and cook for 45 minutes, or until cauliflower rice is tender.

MAKES 4 SERVINGS

HG Alternative: Instead of blending 3 cups of roughly chopped cauliflower into rice-sized pieces, use 2 1/4 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.