



Slow-Cooker Chicken Fajitas



1/8th of recipe (about 3/4 cup): 128 calories, 2.5g total fat (0.5g sat. fat), 328mg sodium, 5g carbs, 1g fiber, 2.5g sugars, 20g protein

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



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Ingredients

1 1/2 lbs. raw boneless skinless chicken breasts, halved
1/2 tsp. each salt and black pepper
2 cups sliced red and green bell peppers
2 cups sliced onion
1 tsp. chili powder
1 tsp. ground cumin
1 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. cayenne pepper
2 cups reduced-sodium chicken broth

Directions

Place chicken in a slow cooker, and season with salt and black pepper. Add peppers, onion, and seasonings. Top with broth, and 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.

Serve with a slotted spoon, draining the broth.

MAKES 8 SERVINGS

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