



*(chicken is resting on cauliflower rice)*

## Margie's Mexican Chicken

Including a healthy approved salsa recipe!

Serves 10 (based on M.E. plan serving sizes)

*(Macros include the figures for using the salsa recipe following)*

**Cals** – 156

**Fat** – 1.2g (0.5g sat)

**Protein** – 24g

**Carbs** – 4.2g

**Sugars** – 2.8g

### Ingredients:

1 kg of whole skin free chicken breast

1/8 of a cup of cold water

½ a cup of homemade salsa (if using 'store bought' salsa, make sure that is low in sugar and salt)

½ teaspoon of chilli powder OR dried chilli flakes. (Sliced fresh chilli to your taste is also an option)

½ teaspoon of Ground Cumin

A dash of salt (Himalayan is the best choice health wise)

1 – 2 cloves of garlic (or 1 – 2 teaspoons of crushed garlic from a jar)

Juice of ¼ a lime.

### Method:

1 - Place the whole chicken breasts in the slow cooker.

2 - In a separate bowl, combine the remaining ingredients and stir well. The pour onto the chicken.

3 - Put your slow cooker on "LOW" and cook for 6 to 8 hours

4 – Once cooked, take a fork and careful shred the chicken while still in the slow cooker.

5 – Serve with plenty of plan approved vegetables or a large salad. For people not following the My Evolution plan (i.e. family members or friends) simply serve with a suitable side of their liking or in taco shells or their choice of wraps.

This recipe can be used as a lunch or dinner option while following the program. If you are opting to have a plan approved wrap during the day for lunch, this recipe, plus some salad makes a wonderful wrap filling!

**Please note** – this chicken recipe can easily be doubled, making 20 My Evolution approved servings.

This recipe freezes well, so you can freeze in single serve portions, so you simply just defrost and reheat when required. When reheating ANY chicken dish, make sure you bring it to a very hot temperature, to avoid food poisoning.



## Healthy Salsa Recipe

*(this can be used with this recipe or as a snack option)*

**Serves 8**

***Cals*** – 44

***Fat*** – 3.2g (0.5g sat)

***Protein*** – 0.9g

***Carbs*** – 3.2g

***Sugars*** – 2.8g

### **Ingredients:**

6 medium tomatoes

1 medium brown onion

2 fresh jalapeño's or green chillies (seeds in or out, depending on your preference)

1 large clove of garlic

1-2 limes

extra virgin olive oil

### **Method:**

1 - Chop the tomatoes finely (or a little chunkier if you prefer) and place into a large bowl.

2 – Chop / dice the onion and chillies - place in the bowl with the tomatoes.

3 - Peel and finely grate in the garlic or use crushed garlic from a jar.

4 – Juice the lime into a cup or jar. Add 2 tablespoons of extra virgin olive oil and mix or shake well to combine the two. Taste and see if you need to add more juice or black pepper.

5 – combine the juice/oil mixture with the tomato mixture. Stir gentle and it is ready to serve. You can keep this in an airtight container in the fridge for a few days. The flavour may develop more over time.