



Healthy Now

CATERING • MEAL PREP • JUICES

Slow Cooker Chicken Tacos

Slow cooker meals are one of many people's favourites, and this dish is really easy, packed with protein and flavor. Serve them on lettuce wraps, or for picky eaters whole wheat warps. And don't forget some avocado slices for some healthy fats!

Makes: 8 servings, Prep Time: 20 minutes, Cook Time: 3 hours



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

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You'll need:

- Romaine lettuce wraps and/or whole wheat tortilla wraps
- 1 cup purified water or chicken stock
- 3 cloves garlic, smashed
- 2 tablespoons mild or medium chili powder
- 1 tablespoon plus 1 teaspoon ground cumin
- 2 teaspoons sea salt (less if your chili powder contains salt)
- 4-5 spins of freshly ground black pepper
- 1 medium onion, cut into quarters
- 2 pounds boneless, skinless chicken breasts, preferably organic (that's about 4-5 chicken breasts)
- 1 lime for squeezing over tacos

To make them:

1. In a medium bowl, mix the water or chicken stock (organic preferred), garlic, chili powder, cumin, salt and pepper.
2. Add chicken breasts to your slow cooker
3. Pour liquid mixture over the chicken and place onion on top of breasts
4. Cook 2-3 hours on high, or 4-5 hours on low, until internal temperature of each breast is 165°F.
5. Shred chicken with 2 forks. Squeeze lime juice over meat before serving.
6. Serve immediately or store in an airtight glass container up to three days in the refrigerator. Our favourite way to serve them is with romaine lettuce leaves as the tortilla, and we add fresh pico de gallo or salsa, and avocado slices.

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca/recipes .

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