

STOP STRESS IN ITS TRACKS

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal? Click the link below to try these tips to get out of stress fast.

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Southwest Slow Cooker Chicken

 SERVES 6

Ingredients

- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano
- 1/4-1/2 teaspoon **cayenne pepper** (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles
- 1 cup low-sodium chicken broth

Directions

In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).

Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.

Pour tomatoes, chiles and chicken broth over the chicken in the slow cooker.

Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken may break apart easily with fork once cooked.

Tip: This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole wheat tortilla or bun.

Nutritional Facts

Calories	113	Cholesterol	48 mg
Total Fat	2.0 g	Sodium	288 mg
Saturated Fat	0.5 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.5 g	Sugars	2.7 g
Monounsaturated Fat	0.5 g	Protein	17 g