

Crockpot Southwest Chicken

POINTS® Value: 6

Servings: 6 (about 1 cup each)

Ingredients

- 1 pound uncooked boneless, skinless chicken breast
- 32 oz fat-free canned refried beans
- 15 oz salsa, regular size jar
- 12 oz canned yellow corn, no salt added
- 4 oz 1/3 less-fat cream cheese

Instructions

Combine all ingredients except for cream cheese in crockpot and cook on low for 6-8 hours.

30 minutes before serving, shred chicken and add cream cheese. Once it melts, mix to combine.

Serve with fat free tortillas, baked scoops or light hamburger buns.

POINTS listed are for meat mixture only.