

Food

3-Ingredient Crockpot Salsa Chicken Stuffed Potatoes

Ingredients

- 2 pounds boneless, *skinless chicken breasts or thighs*
- ¼ teaspoon kosher salt
- 1 cup salsa, *divided**
- 4 small Russet potatoes, *scrubbed*

Instructions

- Add ½ cup salsa to a 6-quart slow cooker.
- Sprinkle the chicken with the salt, then add to the slow cooker, flipping once or twice to coat in salsa. Add the potatoes on top of the chicken in an even layer.
- Cover, then cook on high for 4 hours, or low for 6, until the potatoes and chicken are cooked through.
- Using kitchen tongs, carefully remove the potatoes. Set aside.
- Using two forks, shred the chicken or cut into bite-sized chunks, then stir into the cooking liquid.
- Slice each potato in half, then top with the shredded chicken, remaining salsa, and any other toppings you like.

Notes

- Serve the chicken without salsa and potatoes (butter makes it better!) separately for resistant eaters. Offer a toppings bar so everyone can create their own masterpiece.
- Small potatoes work best for this recipe. Medium- to large-sized potatoes won't cook all the way through. If you have extra large potatoes, slice the in half lengthwise prior to adding to the slow cooker.

Nutrition Information:

Calories: 446kcal, Carbohydrates: 43g, Protein: 54g, Fat: 6g, Saturated

Fat: 1g, Polyunsaturated Fat: 1g, Monounsaturated Fat: 2g, Trans

Fat: 1g, Cholesterol: 145mg, Sodium: 645mg, Potassium: 1895mg, Fiber: 4g, Sugar: 4g, Vitamin

A: 382IU, Vitamin C: 16mg, Calcium: 57mg, Iron: 3mg

Food - Fun - Family

Ozark City Schools

Child Nutrition Department

October 2024



Fun

Find the song “Let’s Do the Twist” and teach your kids how to “Twist”

Family

Over dinner try any of these things:

Turn all devices face down in the middle of the table and put on “Do Not Disturb”

Use this time to connect with everyone

Ask some questions - use these as examples:

- If you could have a “super power” what would it be?
- What made you smile today?

