

Fiesta Ranch Chicken

American

A lighter version of Fiesta Ranch Chicken made in the crock pot using fat-free cream cheese, Greek yogurt, and finished with fresh lime juice and cilantro. Served over cauliflower rice.

Ingredients:

Main:

- * 4 whole chicken breast (boneless skinless)
- * 1 packet fiesta ranch seasoning mix
- * 1 can black beans (drained and rinsed)
- * 1 can rotel tomatoes with green chilies (not drained)
- * 1 can corn (drained)

Creamy Base:

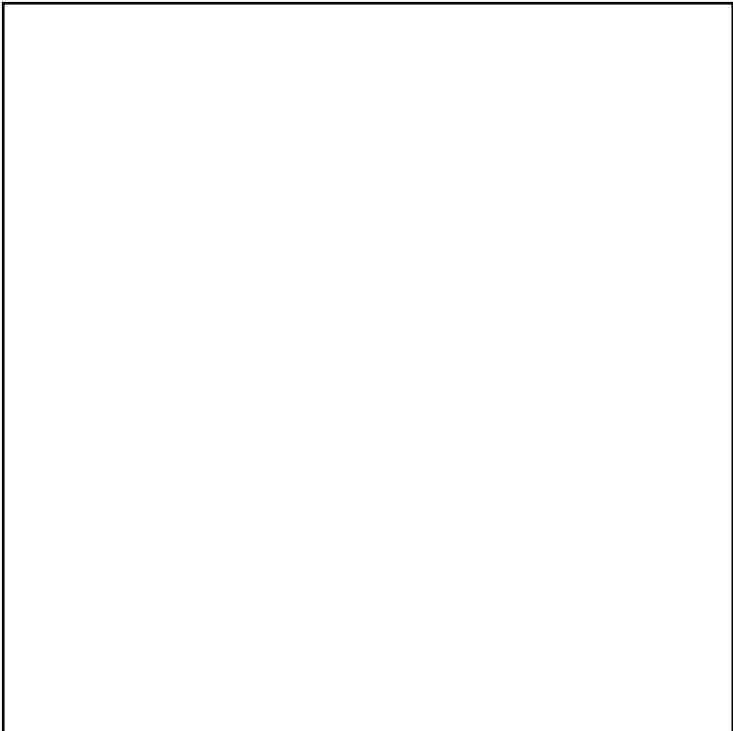
- * 8 oz fat free cream cheese (cubed)
- * 1/2 cup plain Greek yogurt (stirred in after ...)

Finish:

- * 1 whole lime (juice added after...)
- * 1/4 cup cilantro (fresh chopped)

Serving:

- * cauliflower rice (serve underneath ...)



Instructions:

1. Place chicken breasts in the bottom of a crock pot.
2. Add the fiesta ranch seasoning, black beans, rotel, and drained corn.
3. Add cubed fat-free cream cheese on top of the mixture.
4. Cook on low for 4–6 hours until the chicken is tender.
5. Shred the chicken in the crock pot and stir to combine with the sauce.
6. Stir in the Greek yogurt after cooking to create a creamy texture.
7. Add the juice of one lime and stir in chopped cilantro.
8. Serve the chicken mixture over cauliflower rice.

Notes:

Adding lime juice and cilantro brightens the flavor and balances the creamy sauce with almost no added calories.