
Cheesy Chicken Enchilada Dip

2 Chicken Breasts (about 1 pound total)

15 oz jar of enchilada sauce

16 oz jar of salsa

8 oz block cheddar cheese

4 oz reduced-fat cream cheese

16 oz container of low-fat cottage cheese

2 TBSP nutritional yeast

2 TBSP minced garlic

3 bell peppers

2 small or 1 large onion

1 tsp olive oil

1 Add chicken, enchilada sauce and salsa to the slow cooker. Cook on high for 3 hours.

2 Dice peppers and onions

3 Preheat oven to 400. Place peppers and onions on a parchment-lined baking sheet. Spray with oil and add salt, pepper, and garlic powder. Roast for 20 minutes.

4 Grate the cheddar cheese

5 Blend cottage cheese, nutritional yeast, and garlic for 30 seconds or until smooth

6 After 3 hours, shred the chicken then add the vegetables, cream cheese, cheddar cheese, and cottage cheese mixture to the slow-cooker.

7 Stir well, cover, cook on high for 1 hour

8 Serve with your favorite whole-grain chips