

CHICKEN SALSA

4	boneless, skinless breasts
2 tsp	canola oil
1/2	large red pepper, seeded and sliced
1/2	large green pepper, seeded and sliced
1 clove	garlic, minced (or 1/2 tsp bottled minced garlic)
1 cup	chunky salsa (mild, medium or hot)
1/3 cup	shredded cheddar cheese
2 tbsp	chopped fresh cilantro or parsley

Preheat oven to 350F/180C.

Heat oil in a non-stick pan. Add chicken breasts and brown on both sides. Transfer chicken to a large shallow casserole dish.

Spread vegetables over chicken and top with salsa. Cover the casserole dish with foil and bake in the oven for 30-40 minutes or until a meat thermometer inserted into the thickest piece reads 170F.

Remove from the oven, take off the lid and sprinkle the cheese over the chicken. Return to the oven and continue baking, uncovered, until the cheese has melted. Sprinkle cilantro over the cheese and serve immediately with whole wheat tortilla chips, rice or cornbread.

Serves 4.

Based on Canada's Food Guide, each serving provides:

Vegetables & Fruits - 1 serving

Grains - 0 serving

Milk & Alternates – 1/4 serving

Meats & Alternates – 1 1/2 serving



Courtesy of Manitoba Chicken Producers

www.chicken.mb.ca