

Mexican Chicken Bake

Serve with a side salad or green vegetable for a complete meal!

Ingredients

- 4 boneless, skinless chicken breasts
- 1 red or yellow bell pepper
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp red pepper flakes (optional)
- 2 cloves garlic, minced
- 1 cup shredded Colby-jack cheese



Directions

1. Preheat the oven to 375 degrees.
2. Spray baking dish with cooking spray.
3. Place chicken breasts in bottom of dish and sprinkle with seasonings.
4. Cut pepper into thin strips and scatter on top of chicken.
5. Sprinkle entire contents with shredded cheese.
6. Bake for 45-50 minutes or until chicken is no longer pink.

Makes 4 servings

Nutrition Facts:

Calories 245

Total Fat 9g

Total Carbohydrates 4g

Dietary Fiber 1g

Protein 42g