

Chicken Ole'

Quick & easy Mexican chicken dish – serve with a side of black beans!

Ingredients

- 4 chicken breast halves
- 1 clove garlic, minced
- Pinch of salt
- Pinch of fresh ground pepper
- Pinch of cumin
- 1 cup salsa
- 1 cup shredded Cheddar cheese



Directions

1. Preheat the oven to 350 degrees.
2. Heat skillet to medium heat. Rub chicken breasts with seasoning mixture and place in hot skillet. Cook until browned on both sides and no longer pink, 10-15 minutes.
3. Transfer chicken to a baking dish coated with cooking spray. Top with salsa and shredded cheese. Bake until cheese is bubbly and starting to brown.

Makes 4 servings

Nutrition Facts:

Calories 264
Total Fat 11g
Total Carbohydrates 4.9g
Dietary Fiber 1.1g
Protein 35.4g

Adapted from allrecipes.com