

Healthy recipes

Chicken Salsa

Yield: 4 servings

Calories: 277
Fat: 10 g
Sodium: 511 mg
Carbohydrates: 3 gm
Protein: 43 g

Ingredients

| | |
|--------------------------|-------|
| Boneless chicken breasts | 4 |
| Tomato salsa | 1 cup |
| Low-fat shredded cheese | 4 oz |

Directions

Place chicken in 8 x 14-inch baking dish. Top with tomato salsa and sprinkle the low-fat shredded cheese on top.

Cover the dish with aluminum foil and bake at 350°F for 30 minutes.

Remove foil and bake an additional 20 – 30 minutes, uncovered.

Tips

- Most commercial salsas have salt added.
- Check labels and choose lower-sodium brands or prepare your own fresh salsa.
- Tomatoes contain lycopene. Lycopene can help lower the risk of prostate and stomach cancer and reduce the risk of macular degeneration.
- Look for lower-fat cheeses with 3 grams of saturated fat per ounce or less.