Salsa Chicken

Ingredients:
2 boneless skinless chicken breast halves (5 ounces each)
1 tablespoon olive oil
1 teaspoon minced garlic
1 medium onion, sliced
1 small green pepper, sliced
1 cup salsa
1/4 cup water
1/2 cup frozen corn, thawed
1/2 cup black beans, drained and rinsed
1/2 teaspoon black pepper
1/4 cup shredded Mexican cheese blend
8 oz. Brown Ready Rice

Directions:
1. In a small nonstick skillet brown chicken on both sides in the olive oil. Add the onion, garlic, green pepper, salsa, black pepper and water. Bring to a boil. Reduce heat; cover and simmer for 10 – 12 minutes.
2. Stir in corn and black beans. Simmer uncovered for 5 minutes. Serve chicken over brown rice and sprinkled with cheese.

Makes 4 servings.

Nutrition Facts
Serving Size 1 chicken breast, 1/2 cup rice with vegetables
Servings Per Container 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 330</th>
<th>Calories from Fat 80</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td>Total Fat 9g</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 2g</td>
<td>10%</td>
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<tr>
<td></td>
<td>Trans Fat 0g</td>
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<tr>
<td></td>
<td>Cholesterol 50mg</td>
<td>17%</td>
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<tr>
<td></td>
<td>Sodium 450mg</td>
<td>19%</td>
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<tr>
<td></td>
<td>Total Carbohydrate 35g</td>
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<tr>
<td></td>
<td>Dietary Fiber 5g</td>
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<tr>
<td></td>
<td>Sugars 2g</td>
<td></td>
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<tr>
<td></td>
<td>Protein 22g</td>
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</tbody>
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Vitamin A 10% • Vitamin C 35%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 • 2,500

Total Fat
Less than 65g • 60g
Saturated Fat
Less than 20g • 25g
Cholesterol
Less than 300mg • 300mg
Sodium
Less than 2,400mg • 2,400mg
Total Carbohydrate
30g • 37g
Dietary Fiber
25g • 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4