

Salsa Chicken

Ingredients:

- 4 (5 oz) boneless skinless chicken breasts
- 2 tablespoons reduced sodium taco seasoning
- 1 1/2 cups salsa
- 1 cup shredded 2% cheddar cheese
- 1/4 cup plain fat free Greek yogurt
- cooking spray



Instructions:

1. Preheat the oven to 375 degrees F. Coat a medium baking dish with cooking spray.
2. Spread 1/2 cup of salsa in an even layer in the bottom of the dish. Place the chicken breasts on top.
3. Sprinkle the taco seasoning evenly over the chicken.
4. Pour the remaining salsa over the chicken.
5. Bake for 30-35 minutes, or until chicken is cooked through.
6. Remove the dish from the oven. Sprinkle the cheese over the chicken. Return the pan to the oven and bake for an additional 2-3 minutes or until cheese is melted.
7. Top each chicken breast with a dollop of Greek yogurt, and enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories **295**

% Daily Value*

Total Fat 8.1g **10%**

Saturated Fat 3.5g **18%**

Cholesterol 102mg **34%**

Sodium 1321mg **57%**

Total Carbohydrate 13.7g **5%**

Dietary Fiber 1.6g **6%**

Total Sugars 6.5g

Protein 42.5g