Easy Salsa Chicken

You'll need: A stove, a large pan, measuring cups and measuring spoon

Preparation Time: 10 minutes   **Cooking Time:** 20 minutes

Ingredients	Amounts for 4 servings
Chicken breast or pieces (no skin)	1 pound (about 4)
Vegetable oil	1 tablespoon
Pinch salt	A pinch
Pinch freshly ground black pepper	A pinch
Salsa	1 ½ cups
Shredded cheese	1 cup
Rice, Brown (optional)	As desired

Method:

Step 1: In a large pan, heat oil over medium-high heat. Brown chicken breast on both sides until lightly browned on the outside but still pink inside. **Step 2:** Sprinkle salt and pepper over chicken and add salsa. Reduce heat and simmer for about 15 minutes or until chicken is no longer pink inside. **Step 3:** Sprinkle each chicken breast with cheese and cook for 5 minutes or until cheese is melted.

Nutrients per Serving

Calories: 190 kcals   **Fat:** 13.0g   **Sodium:** 600mg
Carbohydrates: 6.0g   **Fiber:** 7.0g   **Protein:** 12.0g
A good source of **calcium.**