



Salsa Verde Chicken Bake

Serves four

- 2 skinless, boneless chicken breasts – cut in chunks
- ½ tsp. salt
- ½ tsp. black pepper
- 1 TBS olive oil
- 1 cup plain yogurt – preferably Greek (can be sour cream) at room temperature
- 1 cup salsa verde or tomatillo salsa at room temperature
- 1 cup shredded Mexican cheese

Preheat oven to 350 degrees F (180 C). Wash and pat dry the chicken and place it in an oven proof dish.

Sprinkle the chicken with salt and pepper on both sides. Drizzle the top coat with the olive oil and turn the chicken – oiled part down.

Spread an even layer of the yogurt or sour cream on the chicken – making sure to cover it completely. Add the salsa and do the same.

Cover the pan with some aluminum foil and bake for 25 minutes. Remove from the oven, uncover very carefully (do not burn yourself) and add the cheese in an even manner. Return to the oven, uncovered, and bake for an extra 15 to 20 minutes – or until the chicken is fully cooked through (it should register 165 degrees on a meat thermometer). Do not eat raw chicken. It will make you sick.

Serve with rice and enjoy!

Chicken no rice - CALORIES 306.18; FAT 13.85 grs (sat 6.42; mono 0.90; poly 0.47); PROTEIN 38.28 grs ; FIBER 1.28 grs; CARBS 7.41 grs; CHOLESTEROL 114.26 mg; IRON 1.25 mg; SODIUM 997.79 mg; CALCIUM 313.84 mg