



Salsa Fresca Chicken

Yield: 4 servings

Modified from: www.recipessimple.com

Ingredients:

- 3 Roma tomatoes, diced
- ¼ cup diced red onion
- 4 tablespoons cilantro
- 4 boneless, skinless breasts
- ½ teaspoon cumin
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- ½ teaspoon garlic powder
- 1/2 shredded Monterey Jack cheese

Directions:

1. Preheat oven to 375°F. Place aluminum foil on baking pan.
2. In a medium bowl combine tomatoes, red onion and cilantro and set aside.
3. In a separate bowl combine cumin, pepper, paprika and garlic powder.
4. Place chicken breasts on baking pan. Sprinkle spice mixture over top and chicken and top with tomato mixture. Sprinkle cheese and bake 25-35 minutes or until internal temperature is 165°F.

Nutrition information:

Serving size: 1 (4oz) chicken breast

Calories: 223 calories

Fat: 8g

Sodium: 138mg

Carbohydrates: 9g

Sugar: 4g

Fiber: 1g

Protein: 30g