

# southwest cheddar chicken

Makes 5 servings

## INGREDIENTS

1/2 cup canned black beans, drained  
1/2 cup canned corn, drained  
1 Tbsp + 1 tsp yellow onions, chopped  
1/2 tsp granulated garlic  
1/2 tsp taco seasoning  
1/8 tsp red pepper flakes  
5 chicken filets (1.1 lbs)  
7 oz. cheddar cheese sauce  
1/2 cup fresh tomato, chopped  
1 Tbsp + 1 tsp fresh cilantro, chopped

Note: suggest serving with brown rice or whole grain pasta. Option to garnish with fresh jalapenos and lime.

## NUTRITIONAL FACTS: PER SERVING

Calories: 190	Calcium: 209.18 mg
Total Fat: 7.2 g	Protein: 22 g
Saturated Fat: 3.5 g	Carbohydrates: 9.6 g
Cholesterol: 60 mg	Dietary Fiber: 1.5 g
Sodium: 581.17 mg	Vitamin A: 194.6 IU
Iron: 1.19 mg	Vitamin C: 3.39 mg

## INSTRUCTIONS

1. Rinse drained black beans & corn. Combine with onions and all spices. Add to cheese sauce and blend well.
2. In 9x13 pan, shingle chicken filets. Pour mixed sauce over chicken filets making sure to coat each filet. Marinate for 24 hours. Cover and keep cooled below 41°F until ready to cook.
3. Cook at 300°F and heat until the internal temperature of the chicken reaches 165°F. Hold at 135° or higher.
4. Just before serving, top 1 chicken filet with 2 oz. sauce and top with fresh chopped tomatoes and cilantro.

