

Southwest Chicken

I am blessed to have great colleagues and friends and of course the best recipes usually come either from family or friends. Today's recipe was provided by Carrie Brazeal who is the County Extension Agent for Family and Consumer Sciences in Collin County. Thank you!

- 2 teaspoons chili powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1 tablespoon canola or olive oil
- 1 15-ounce can black beans, rinsed and drained
- 1 cup frozen corn
- 1 cup chunky salsa

Nutrition Facts	
Serving Size 1 breast with 3/4 cup bean mixture	
Servings Per Container 4	
Amount Per Serving	
Calories 297	Calories from Fat 63
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 63mg	21%
Sodium 697mg	29%
Total Carbohydrate 30g	10%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 33g	66%

*Percent Daily Values are based on a 2,000 calorie diet.

Combine chili powder, salt and pepper; rub over both sides of chicken. In a large nonstick skillet, cook chicken in oil over medium heat for 4-5 minutes per side or until a thermometer reads 170 degrees. Remove and keep warm. Add beans, corn and salsa to pan; heat through. Serve with chicken.

