



RECIPE OF THE WEEK

KICKIN' CHICKEN

4 ounces raw boneless, skinless chicken breast, cut into pieces

1/3 cup canned tomato sauce

1/4 cup frozen corn

1 tsp. Tabasco Chipotle Pepper Sauce

1/4 cup fresh green bell pepper, chopped

1/4 cup canned seasoned black beans, lightly drained

1. Preheat oven to 375 degrees **OR** Start your grill ☺
2. In a medium bowl, combine all ingredients and mix well. Set aside.
3. Lay a large piece of heavy duty aluminum foil in front of you. Scoop chicken mixture into the center of the foil. Fold and seal the top and bottom edges of the foil, and then the side edges, to create a well sealed packet.
4. Place packet on a baking sheet, and cook in the oven for 15 – 17 minutes, until chicken is cooked through **OR** Place foil packet on rack on grill, close lid, and cook approximately 10 minutes, until chicken is cooked. Note: Cooking time is approximately 1/2 of the oven time when cooking foil packet on your grill.

*** Serve over brown rice or with tortillas for a saucy filling***

NUTRITION FACTS:

Calories: 245

Dietary Fiber: 5 grams

Total Fat: 2 grams

Protein: 31.5 grams

Sodium : 923 mg. (reduce this by using no salt tomato sauce)

Total Carbohydrates: 24.5 grams

Makes 1 serving (1 foil packet)

FOOD FOR THOUGHT: Good, Better, Best. Never let it rest, until your good is better, and your better is BEST! – Anonymous