



Partnering for a healthy community



Creamy Salsa Chicken Skillet

Ingredients:

- 4 oz boneless, skinless chicken breast (cal. 188 fat-4g, carbs-0g, protein-36g)
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/2 tbsp cooking oil (cal. 60 fat-7g, carbs-0g, protein-0g)
- 4 oz. jar salsa (cal.40 fat-0g, carbs-0g, protein-0g)
- 4 oz. can black beans (cal. 130 fat-0.5g, carbs-23g, protein-8g)
- 4 oz frozen corn kernels (cal. 120 fat-2g, carbs 22g, protein-4g)
- 2 oz sour cream (cal. 34 fat-4.8g, carbs-0.6g, protein-0.4g)
- 1 oz. queso fresco* (cal. 88 fat-7g, carbs-0.7g, protein-6g)
- 1 handful fresh cilantro (cal. 3.7 fat-.01g, carbs-0.6g, protein-0g)
- 1 cup cooked cauliflower for serving (cal. 42 fat-0.6g, carbs-6g, protein-0g)

Equipment:

Food Processor or blender, Cast Iron Skillet, Sharp knife, Cutting Board, Strainer, Whisk

Instructions:

1. Fill a small saucepan with a couple of inches of water and bring to a boil. Place the cauliflower in a steamer basket and top with 1 large clove garlic, chopped. Cover and steam until tender.
2. When tender, place the steamed cauliflower and garlic in the bowl of a food processor and add butter. Do not get rid of the steaming water! Blend until almost the desired texture. Add salt and a bit of the steaming water, if desired, and process again until the desired consistency.
3. Pat the chicken dry with a paper towel. Place the chicken on a cutting board and cover it with a piece of plastic wrap. Use a mallet or rolling pin to gently pound the chicken to an even thickness (about 1/2-inch thick). This step is very important to make sure the chicken cooks quickly and evenly, without drying out.
4. Combine the chili powder, cumin, garlic powder, and salt in a small bowl. Sprinkle the spices over both sides of the chicken, and then rub it over the surface to make sure it's evenly coated.
5. Heat a large deep skillet over medium heat. Add the cooking oil and swirl to coat the surface. Once the skillet is very hot, add the chicken and cook on both sides until browned and cooked through (about 5 minutes each side. Cooking time will vary with the size of your chicken pieces and type of cookware).
6. While the chicken is cooking, rinse and drain the black beans. Roughly chop the cilantro or slice the green onions, depending on which you prefer to use.
7. Transfer the cooked chicken to a clean cutting board and let it rest while you prepare the creamy salsa. Turn the burner down to medium low. Pour the salsa into the skillet and stir to dissolve the browned bits from the bottom of the skillet. Add the black beans and frozen corn kernels and allow the sauce to heat through.
8. To prevent the sour cream from curdling when added to the salsa, first add a few spoonfuls, one at a time, to the sour cream to slowly increase it's temperature and acidity. Once the sour cream is slightly warm, add it back to the rest of the salsa in the skillet and stir to combine. Turn the heat off.
9. Slice the chicken breast into strips, then place it on top of the creamy salsa sauce in the skillet. Top the skillet with crumbled cheese and cilantro or green onion. Serve over a bed of cooked rice or cauliflower.