

Fiesta Chicken Packets



Ingredients:

- 1 15 oz can reduced-sodium black beans, drained and rinsed
- 2 c frozen corn
- 1 can diced tomatoes and green chilies, drained
- 1/2 t cumin
- 4 boneless, skinless chicken breasts
- 1/2 c reduced-fat Mexican or cheddar cheese, shredded
- Cooking spray

Instructions:

To prepare in oven:

1. Preheat oven to 375 °F. Spray a 9x13 inch baking dish with cooking spray.
2. Stir together beans, corn, tomatoes, and cumin in a bowl.
3. Place chicken in baking dish and cover with bean mixture.
4. Cover dish with aluminum foil.
5. Bake 30 minutes or until chicken reaches 165 °F.
6. Remove foil, top dish with cheese, and return to oven, bake until cheese is melted.

To prepare on outdoor grill:

1. Preheat outdoor grill to medium-high heat.
2. Stir together beans, corn, tomatoes, and cumin in a bowl.
3. Prepare four 18x12 inch pieces of foil with cooking spray.
4. Place a chicken breast in the center of each foil piece.
5. Divide the bean mixture between the packets. Seal each packet by folding the long edge at the top and double folding the short ends. Leave some space in packet for steam to gather.
6. Grill 15-20 minutes or until chicken reaches 165 °F.
7. Carefully open packets and divide cheese among packets. Close packets and allow cheese to melt. Serve.

Makes 4 servings.



Tarrant County Public Health

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