

## CREAMY SALSA CHICKEN SKILLET

*Tired of the same old chicken recipes? This dish will change all that with its lively, rich flavors. It also is rich in B vitamins and iron and low in saturated fat and sugar, making it a heart healthy go-to! And, it comes together quickly, so you can have dinner ready in no time flat.*

**Yield:** 4 servings

### Ingredients

- 1 lb. boneless, skinless **chicken breast**
- 1 teaspoon **chili powder**
- ½ teaspoon **ground cumin**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon **salt**
- ½ tablespoon **olive oil**
- 1 (8 oz.) can no-salt-added **tomato sauce**
- 1 (15 oz.) can no-salt-added **black beans** (or cooked dry beans for another low sodium option)
- ½ cup frozen, canned or fresh **corn kernels**
- 1/3 cup reduced-fat **sour cream**
- 2 oz. **queso fresco**
- 1 handful **fresh cilantro**, chopped
- 4 cups **cooked rice** for serving

### Instructions

1. 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 ½ inch-thick). This step is very important to make sure the chicken cooks quickly and evenly, without drying out.
2. 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.
3. 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).
4. While the chicken is cooking, rinse and drain the canned black beans.
5. 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 tomato sauce into the skillet and stir to a smooth consistency. Add the black beans and corn kernels and allow the sauce to heat through.
6. To prevent the sour cream from curdling when added to the tomato sauce, first add a few spoonful's of the tomato sauce, one at a time, to the sour cream. This will increase its temperature and acidity. Once the sour cream is slightly warm, add it back to the rest of the tomato sauce in the skillet and stir it to combine. Turn the heat off.
7. 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. Serve over cooked rice.

**Per Serving:** Calories 234, Carbohydrates 36.7 g, Protein 11.3 g, Saturated Fat 0.9 g, Sodium 433 mg, Fiber 11.6 g, Sugars 4.2 g

This recipe is featured in the June 2021 Beyond the Kitchen newsletter and has been adapted from Budget Bytes.