

Chicken with Southwestern Salsa

Ingredients:

1 Tbs. canola oil, divided
1 tsp. ground cumin, divided
3/4 tsp. ground coriander, divided
1/2 tsp. salt
1/4 tsp. black pepper
1/8 tsp. ground red pepper
4 (6 -ounce) skinless boneless chicken breast halves
1/2 cup chopped onion
1 tsp. minced garlic
1/3 cup chopped tomato
1/4 cup chopped fresh cilantro
2 Tbs. fresh lime juice
1 (15.5 ounce) can black beans, rinsed and drained
1 (8.75 ounce) whole kernel corn, drained

Directions

Heat 2 tsp. oil in a large non-stick skillet over medium-high heat. Combine 1/2 tsp. cumin, 1/2 tsp. coriander, salt and peppers; sprinkle evenly over chicken. Add chicken to pan; cook 7 minutes on each side or until done. While chicken cooks, heat the remaining 1 tsp oil in a small skillet over medium-high heat. Add onion to pan; saute 1 minute. Add garlic to pan; saute 30 seconds. Transfer onion mixture to a large bowl; add remaining 1/2 tsp. cumin, remaining 1/4 tsp. coriander, tomato and remaining ingredients to onion mixture, tossing well. Serve with chicken.

Serves: 4

Calories: 317

Cholesterol: 94mg

Dietary Fiber: 5.2g

Protein: 39g

Sodium: 705mg

Total Carbohydrate: 24.4g