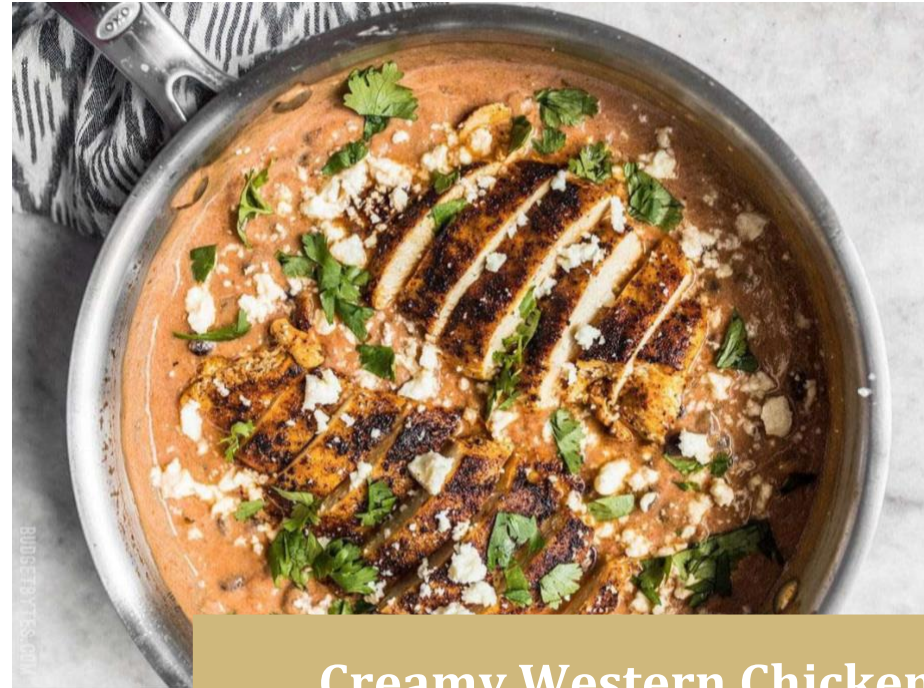


INGREDIENTS

- 1 lb Chicken Breast
 - 1 tsp Chili Powder
 - ½ tsp Cumin
 - ¼ tsp Garlic, minced
 - ½ tbsp Oil
 - 1 Jar Salsa
 - 1 can Black Beans
 - 1/3 cup Plain Greek Yogurt
 - ½ cup Cheese
- Optional Add-Ons:
Black Pepper, Salt,
Cilantro, Green Onion,
Cooked Rice, Farro, or
other Grain of Choice

DIRECTIONS

1. Place the chicken on a cutting board and cover it with a piece of plastic wrap. Use a rolling pin or can gently pound the chicken to an even thickness (about 1/2-inch thick) or slice chicken breast in half.
2. Combine the dry seasonings in a small bowl and mix. Place seasoning over chicken breast evening.
3. Place oil in the skillet evenly, then place on the stove and heat on medium.
4. Once the skillet is hot, add the chicken and cook on both sides until browned and fully cooked (about 5 minutes each side). Transfer the cooked chicken to a clean cutting board and let it rest while you prepare the creamy salsa.
5. While the chicken is cooking, rinse and drain the black beans. Roughly chop the cilantro or slice the green onions, depending on what you have.
6. Pour half the salsa, all the black beans, and all of the other vegetables (if selected) into the same skillet. Stir to dissolve the browned bits from the bottom of the skillet. Let the sauce to heat fully.
7. Once salsa, beans, and vegetables are heated add a few scoops of Greek yogurt and mix. Make sure to not add all the Greek yogurt at once to prevent curdling.
8. Once all of the Greek yogurt is added, and the creamy sauce is slightly warm, at the rest of the salsa.
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.
10. Serve over grain of choice.



Creamy Western Chicken

Gluten Free | High Protein

Yield:
4-6 Servings

Prep Time:
20 Min

Cook Time:
20 Min