

Cheesy Chicken Monterey

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Servings: 4

*1 tablespoon olive oil
1 pound boneless/ skinless
chicken breasts, thinly
sliced
1 package Knorr Chicken
Flavor Rice Sides
1 can (15.5 ounce) no-salt-
added black beans, rinsed
and drained
1 cup frozen corn, thawed
1 tablespoon jalapeno
pepper, chopped
1/2 cup reduced fat
Monterey Jack cheese,
shredded*

Preparation Time: 10 minutes

Cook Time: 10 minutes

In a large nonstick skillet over medium-high heat, heat the oil. Cook the chicken, stirring frequently, until thoroughly cooked, about 4 minutes. Remove to a platter. Cover to keep warm. Set aside.

Prepare the Rice Sides in the same skillet according to package directions. Stir in the beans, corn and jalapeno peppers during the last 3 minutes of cook time.

Arrange the rice mixture on a serving platter. Top with the chicken and then the cheese.

Per Serving (excluding unknown items): 101 Calories; 5g Fat (44.9% calories from fat); 5g Protein; 9g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 77mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.