

Santa Fe Chicken

Burnie Bonnell

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*1 large onion, chopped
1 tablespoon butter or
margarine
1 1/4 cups chicken broth
1 cup salsa
1 cup uncooked long-grain
rice
1/8 teaspoon garlic powder
4 boneless/ skinless
chicken breast halves
3/4 cup shredded Cheddar
cheese
chopped parsley or cilantro
(optional)*

In a large skillet, saute' the onion in butter until tender. Add the broth and salsa and bring to a boil. Stir in the rice and garlic powder.

Place the chicken over the rice. Cover and simmer for 10 minutes. Turn the chicken. Cook for 10 to 15 minutes longer or until the meat juices run clear. Remove from the heat.

Sprinkle with cheese. Cover and let stand for 5 minutes.

Garnish with parsley or cilantro, if desired.

Per Serving (excluding unknown items): 152 Calories; 11g Fat (61.2% calories from fat); 8g Protein; 7g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 681mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 1/2 Fat.