

Cheesy Baked Salsa Chicken

Makes 4 servings

Ingredients:

1 lb boneless skinless chicken breasts
cooking spray
3/4 cup salsa
1/2 cup fresh chopped green onion
1/4 cup grated Parmesan cheese

Directions:

1. Preheat oven to 350 degrees F.
2. Arrange chicken in a cooking spray coated 11 x 17 inch baking dish. Distribute salsa ovetop of chicken and sprinkle green onions on top of salsa.
3. Spoon cheese over top and bake in oven, covered with foil, for 30 minutes. Take off foil and bake an extra 10 minutes or until chicken is fully cooked.

Nutrition Facts per Serving:

Calories: 189

Total Carbs: 3.5 g

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 379 mg