



Fruity Chicken Bake



Entire recipe: 187 calories, 3.5g total fat (0.5g sat. fat), 455mg sodium, 4g carbs, 0.5g fiber, 2.5g sugars, 32g protein

Prep: 5 minutes **Cook:** 20 minutes

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Ingredients

One 5-oz. raw boneless skinless chicken breast cutlet
1/8 tsp. each salt and black pepper
2 tbsp. fruity tomato salsa (such as peach or pineapple)

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Pound chicken to 1/4-inch thickness. Season with salt and pepper, and place in the center of the foil.

Top with salsa.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until chicken is cooked through.

Cut packet to release hot steam before opening entirely.

MAKES 1 SERVING

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