

Creamy Salsa Chicken

Creamy Salsa Chicken



Serves 4

Blue – 2

Purple – 2

Green – 5

- 1 pound chicken breast tenders
- 1 Tbsp taco seasoning
- 2 tsp olive oil
- 1/2 cup corn kernels
- 1 cup salsa
- 1/4 cup light sour cream
- 1/4 cup non fat Greek yogurt

1. Heat a large skillet over high heat. Add oil and swirl to coat.
2. Season chicken with taco seasoning. Add chicken to pan and brown on both sides for 3 to 4 minutes.
3. Mix in corn kernels and salsa. Reduce heat to medium and simmer for 3-4 minutes or until chicken is cooked through.
4. Remove from heat and stir in sour cream and yogurt.

