

Mexican Chicken with Cheese Sauce

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Serves 4

Blue – 4

Purple – 4

Green – 6

Chicken

- 4 boneless, skinless chicken breasts
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp crushed red pepper
- 1/2 tsp oregano
- 2 tsp paprika
- 1 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp pepper

Cheese Sauce

- 2 Tbsp flour
- 2 Tbsp light butter
- 1 cup 1% milk
- 1/4 tsp salt

- 1/8 tsp cayenne pepper
- 1/4 tsp paprika
- 4 oz Cabot 75% reduced fat cheese, shredded

Chicken

1. Mix together seasonings and season both sides of each chicken breast
2. Cook chicken in a grill pan or on a grill over medium high heat until internal temperature reaches 165.
3. Set aside

Cheese Sauce

1. In a medium sized saucepan, melt the butter over medium heat.
2. Whisk in flour and cook until it begins to just bubble around the edges
3. Add in the milk, slowly, whisking to combine as you pour
4. Continue to whisk until it is heated through. Hot enough to melt the cheese, but not boiling
5. When the milk is hot, start whisking in the cheese in small amounts at a time until all of the cheese has been mixed in.
6. Once the cheese is melted, stir in paprika and cayenne. Season with salt if needed. Serve over chicken.