

Salsa Chicken

INGREDIENTS

- 2, 12.5oz cans chicken, drained
- 1 cup salsa
- 1 cup low-fat shredded cheese
- 2 teaspoons taco seasoning
- Salt and pepper, to taste
- 2 tablespoons low-fat sour cream or greek yogurt, optional

4 SERVINGS
25 MINUTES



Adapted from:
tynerpondfarm.com



Salsa Chicken

INGREDIENTS

- 2, 12.5oz cans chicken, drained
- 1 cup salsa
- 1 cup low-fat shredded cheese
- 2 teaspoons taco seasoning
- Salt and pepper, to taste
- 2 tablespoons low-fat sour cream or greek yogurt, optional

4 SERVINGS
25 MINUTES



Adapted from:
tynerpondfarm.com



PROCEDURE

1. Preheat oven to 375°F. Grease a 9x13 inch baking dish.
2. In a bowl, shred chicken and toss with taco seasoning, salt, and pepper.
3. Spread chicken in the prepared dish. Pour salsa over the chicken.
4. Bake for 15-20 minutes, or until chicken is heated through and the salsa is bubbly.
5. Sprinkle with cheese and bake for an additional 3-5 minutes, until cheese is melted and bubbly.
6. Top with sour cream or greek yogurt (optional) and serve.

PROCEDURE

1. Preheat oven to 375°F. Grease a 9x13 inch baking dish.
2. In a bowl, shred chicken and toss with taco seasoning, salt, and pepper.
3. Spread chicken in the prepared dish. Pour salsa over the chicken.
4. Bake for 15-20 minutes, or until chicken is heated through and the salsa is bubbly.
5. Sprinkle with cheese and bake for an additional 3-5 minutes, until cheese is melted and bubbly.
6. Top with sour cream or greek yogurt (optional) and serve.