

EASY WEEKNIGHT DINNER

Chicken with Warm Bean Salsa

Tender chicken topped with a quick Southwestern salsa

SERVES

4

PREP

15 min

COOK

12 min



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INGREDIENTS

- **3/4 lb** boneless skinless chicken breast, 4 pieces
- **1/2 tsp** dried oregano
- **1/4 tsp** table salt
- **1/8 tsp** black pepper
- **3/4 cup** shredded light cheddar cheese
- **14 1/2 oz** Mexican-style stewed tomatoes
- **15 oz** black beans, rinsed and drained
- **2 Tbsp** chopped cilantro
- **As needed** cooking spray

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DIRECTIONS

- 1 Coat a large nonstick skillet with cooking spray and heat over medium-high.
- 2 Cook the chicken for about 3 minutes. Season with oregano, salt and pepper, turn, and cook about 3 minutes more or until done.
- 3 Top the chicken with all but 1 Tbsp of the cheddar and allow it to melt.
- 4 Meanwhile, bring the tomatoes and black beans to a boil in a small saucepan. Spoon the warm bean salsa over the chicken and finish with cilantro and the reserved cheese.

2

WW POINTS

per serving

8 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Plain stewed tomatoes work well with a spoonful of green chiles or a dash of hot sauce.

ESTIMATED NUTRITION PER SERVING

CALORIES

305

PROTEIN

35g

CARBS

23g

FAT

8g

SAT. FAT

3g

FIBER

7g

SODIUM

760mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.