



Mary Lou's Southwest Chicken

Courtesy of Mary Lou Retton

Serves 6

Ingredients:

- 4 Tyson® Boneless Skinless Chicken Breasts
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 tablespoon garlic salt
- 1 pinch pepper
- 1 can black beans, drained
- 1 can corn, drained
- 1 medium jar picante sauce
- 1 cup grated cheddar cheese

Preheat oven to 400 degrees Fahrenheit.

Lightly spray the bottom of a Dutch oven with cooking spray. Place the chicken breasts on the bottom of the Dutch oven and sprinkle with chili powder, paprika, garlic salt and pepper.

Mix black beans, corn and picante sauce together and pour mixture over seasoned chicken.

Bake at 400 degrees Fahrenheit for 40 minutes. Take out and add cheddar cheese to the top and bake for an additional 10 minutes.

Serve this delicious, healthy meal to your whole family!