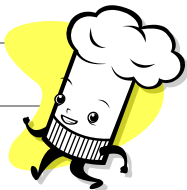


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# Salsa Chicken

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*6/7/2011 Weight Watchers meeting*



## **Ingredients:**

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|-----|--|
| 4   | 5 oz. boneless and skinless chicken breasts              |
| 1/4 | Cup fancy shredded parmesan cheese (not in a can)        |
| 1/2 | Cup chopped or sliced scallions, including the white end |
| 1   | Cup Ortega medium thick & chunky salsa                   |

## **Directions:**

Put chicken in glass pan and cover with foil.

Bake at 350° for 15-20 minutes. Toss off water and excess.

Move chicken close together. Pour salsa over chicken. Sprinkle with scallions.

Recover and bake until almost done – approximately another 10 minutes.

Uncover. Sprinkle with parmesan cheese.

Bake uncovered until cheese melts

Makes 4 servings at 5 PPV each.