

Southwest Chicken

- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4



Ingredients:

- 4 8-ounce Kirkwood Fresh Boneless Skinless Chicken Breasts
 - 1 teaspoon Stonemill Iodized Salt, plus additional to taste
 - Stonemill Ground Black Pepper, to taste
 - Carlini Cooking Spray
 - 1 cup Little Salad Bar Premium Artichoke Garlic Salsa
 - 1 ½ cups Fit & Active Fat Free Chicken Broth
 - 1 cup Dakota's Pride Black Beans, drained and rinsed
 - 2 cups Season's Choice Super Sweet Corn
 - ¼ teaspoon Stonemill Ground Cumin
 - ¼ teaspoon Stonemill Onion Powder
 - 1 ½ cups Fit & Active Instant Brown Rice, uncooked
 - ½ cup Friendly Farms Lite Sour Cream
 - 2 fresh limes, divided
 - ¼ cup chopped fresh cilantro
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Directions:

1. Preheat broiler on high setting. Place rack at top of oven. Preheat grill or grill pan over high heat.
2. Remove any cartilage from the chicken and season with salt and pepper.
3. Coat grill pan with cooking spray. Sear each breast on both sides. Place on a sheet pan and top with artichoke salsa. Place under broiler for 12-15 minutes, until internal temperature reaches 165°.
4. In a medium saucepan, bring the broth, black beans, corn, cumin, onion powder and 1 teaspoon of salt to a boil.
5. Add the rice, return to a simmer, cover for 5 minutes. Remove from heat and let sit for 5 minutes.
6. In a small bowl, stir together the sour cream and the juice of one lime.
7. To plate family style: Add the cilantro to the rice, fluff with a fork and pour onto one half of a medium platter. Lay the chicken next to the rice. Drizzle the sour cream on top and garnish with lime wedges.

Tip: Place the sour cream into a small plastic bag. Cut the tip of one corner off and drizzle.



Recipe Courtesy of:
ALDI Test Kitchen