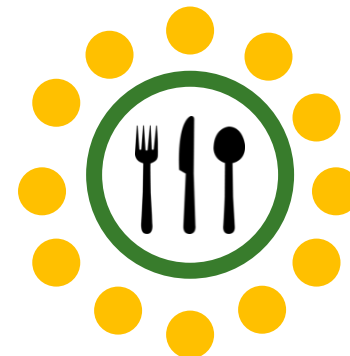


recipe of the week:

Salsa Fresca Chicken



ingredients:	directions:
2 lbs boneless, skinless chicken breast	1. Preheat oven to 375 degrees
¼ tsp cumin	2. Lay chicken in a large flat baking dish and sprinkle evenly with the cumin, garlic, salt and pepper.
¼ tsp salt	3. Cover the chicken with the pico de gallo and then top with cheese
¼ tsp black pepper	4. Bake on middle rack for 35 – 45 minutes or until the chicken is cooked through (internal temp of 165 degrees)
¼ tsp garlic powder	5. Garnish with chopped cilantro and serve hot with your favorite side dish.
2 cups pico de gallo	
1 cup monterey jack cheese, shredded	
Garnish: fresh cilantro, chopped	

Presented by:

