

## Salsa Baked Chicken

### Ingredients:

4 skinless, boneless chicken  
 breasts  
 1 cup salsa

### Equipment:

Medium bowl  
 Tongs  
 Mixing cups  
 9 x 9 baking dish  
 Aluminum foil

Number of Servings: 4  
 Prep Time: 5 minutes  
 Total Time: 45 minutes

### Directions

1. Preheat oven to 400°F.
2. Place chicken breasts in a medium bowl. Add salsa and allow to marinate for 20 minutes in refrigerator.
3. Spray baking dish with non stick spray. Place chicken in baking dish and pour salsa over chicken.
4. Cover tightly and bake at 400°F for 20 minutes.
5. Serve immediately.

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| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size: 1 breast                                   |                      |
| Servings: 4  |                      |
| Amount Per Serving                                       |                      |
| Calories 157   | Calories from Fat 27 |
| %Daily Value*  |                      |
| Total Fat 3g   | 5%                   |
| Saturated Fat 1g   | 4%                   |
| Cholesterol 72mg   | 24%                  |
| Sodium 344mg   | 14%                  |
| Total Carbohydrate 4g                                    | 1%                   |
| Dietary Fiber 1g   | 4%                   |
| Protein 27g  | 54%                  |
| Vitamin A 8%   | Vitamin C 15%        |
| Iron 8%  | Calcium 3%           |
| *Percent Daily Values are based on a 2,000 calorie diet. |                      |

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