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

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 nonstick 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.

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

Nutrition Facts
- Serving Size: 1 breast
- Servings: 4
- Calories: 157
- Calories from Fat: 27
- Total Fat: 3g
- Saturated Fat: 1g
- Cholesterol: 72mg
- Sodium: 344mg
- Total Carbohydrate: 4g
- Dietary Fiber: 1g
- Total Sugar: 1g
- Protein: 27g
- Vitamin A: 8%
- Vitamin C: 15%
- Calcium: 3%
- Iron: 8%

Percent Daily Values are based on a 2,000 calorie diet.