

Santa Fe Chicken

Ingredients

- 1.5 - 2 lbs chicken breast
- 2 TBS arrow root starch or corn starch
- Taco seasoning
- Olive oil
- 1 red bell pepper
- 2 cloves minced garlic
- 1 can black beans, drained and rinsed
- 1 cup frozen corn
- 1 14 oz can diced tomatoes
- 1 4 oz can green chiles
 - *You can use a can of rotel instead of the previous 2 ingredients*

Optional Toppings:

- Mexican blend cheese
- Chopped cilantro

Directions

1. Preheat oven to 375 degrees
2. Take two pieces of parchment paper, and place chicken breast in between. Use meat tenderizer to pound and tenderize
3. Sprinkle each side of the chicken breast with taco seasoning. Add 3 TBS of olive oil to a large skillet and turn on medium/high heat.
4. While olive oil is heating, Pour arrow root/corn starch on shallow dish or baking sheet. Drench each side of chicken breasts
5. Once chicken is coated, place chicken in the skillet and cook for 3-4 minutes on each side until crispy.
6. While the chicken is searing, chop your bell pepper and rinse your black beans.
7. Remove chicken from heat, and place on baking sheet and into the oven
8. Heat 1 TBS of olive oil in the same skillet and add chopped bell pepper, plus 2 cloves minced garlic.
9. Sautee for 3-4 minutes. Add frozen corn to the skillet, and cook another 3-4 minutes.
10. Add drained black beans, diced tomatoes and green chilies to the skillet. Mix well and bring to a boil. Simmer for 5 minutes.
11. Remove chicken from the oven (It has cooked for about 12-15 additional minutes) and place back into the skillet. Top each chicken breast with black bean and corn mixture. Sprinkle a little cheese on each and cilantro if desired
12. Enjoy!

MADE WITH LOVE

by Teresa Forehand