

Spicy Chicken

2 whole skinless chicken breasts
(4 pieces, about 1 pound, or frozen boneless chicken breasts)
1/2 cup bottled salsa

Directions:

Rinse chicken pieces and pat dry. Remove any remaining skin and fat.

Lightly coat a baking dish with non-stick cooking spray.

Place chicken in the baking dish and pour salsa over the chicken.

Cover tightly and bake at 400°F for 35-40 minutes.

Chicken is done when a meat thermometer in the chicken reaches 180°F or when pierced with a fork, the juice run clear.

Makes 4 Servings