

Chicken and Salsa

Submitted by Kelly S.

1 lb. Chicken breast, boneless, skinless
16 oz salsa
2-15 oz cans black beans, drained and rinsed
8 oz cream cheese, fat free

Add chicken to a large frying pan. Add salsa, beans and cream cheese. Heat on medium heat until warm and cream cheese has melted. You may need to add a little water (1-2 cups) if become too thick. Makes 6 small servings.

Nutrition Information Per Serving: 302 Calories; 29 grams Protein; 3 grams Fat; 28 grams Carbohydrate; 1291 mg Sodium.