

## **Mexican Chicken**

1 pkg taco seasoning (choose a lower sodium version if desired)  
4 chicken breasts, 4 oz each  
1 cup salsa (or use fresh Pico de Gallo)  
¼ cup sour cream, fat free

Place chicken in plastic bag, add taco seasoning and shake well to coat the chicken evenly. Place chicken in a baking dish that has been lined with foil (for ease of cleaning) and bake for 30 minutes at 375 degrees F. Add salsa and bake for an additional 5 minutes. Remove from oven, top with sour cream and serve. Makes 4 servings.

Nutrition information per serving: 258 calories, 38 grams protein, 4 grams fat, 12 grams carbohydrate, 997 mg sodium.