

Tex-Mex Chicken

1 lb. chicken breast, boneless, skinless
1/2 cup fat free Miracle Whip®
1/4 cup salsa
1 tsp. chili powder

Preheat oven to 350°F. Line 9" x 12" cake pan with foil. Mix together Miracle Whip, salsa and chili powder. Place chicken in pan. Cover with sauce. Bake for 1 hour. Makes 4 servings.

Nutrition information per serving: calories 235; protein 35 grams; fat 5 grams; sodium 441 mg