



Baked Mexican Chicken

Cheesy, juicy comfort food!

(Serves two)

Ingredients:

- 2 boneless, skinless chicken breasts
- 1/4 cup Mexican blend shredded cheese
- Salsa
- 1 Tablespoon taco seasoning
- Olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper

Instructions:

1. Preheat the oven to 450 degrees
2. Coat both sides of each chicken breast with olive oil, taco seasoning, salt, pepper and place in an oven safe glass dish.
3. Cook for 10 minutes then flip each breast over and cook for another 10 minutes,
4. Sprinkle cheese on top of the chicken breasts and cook for another 2 minutes.
5. Take chicken out and cover with foil and let rest for 5 minutes before serving.*
6. Top with a bit of salsa and serve.

* Refrain from cutting into the meat too early as once the juices drain, the meat gets dry and loses a lot of the flavor.