



Southwestern Chicken

4 servings

Prep Time: 10 minutes Cook Time: 15 minutes

- 1 Tbsp. I Can't Believe It's Not Butter!® Spread
- 1 lb. boneless, skinless chicken breasts, sliced
- 1 package Knorr® Fiesta Sides™ - Mexican Rice
- 1 cup no salt added black beans
- 1 large tomato, seeded and chopped
- 1 Tbsp. fresh lime juice

- 1.) MELT Spread in large nonstick skillet over medium-high heat and cook chicken, stirring frequently, until chicken is thoroughly cooked, about 5 minutes. Remove chicken and set aside.
- 2.) PREPARE Knorr® Fiesta Sides™ - Mexican Rice in same skillet according to package directions.
- 3.) STIR in chicken, beans, tomato and lime juice.

Nutritional Information 1 serving :

Calories 340 , Calories from Fat 50 , Total Fat 5 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 520 mg, Total Carbs 40 g, Dietary Fiber 5 g, Sugars 2 g, Protein 32 g, Vitamin A 20 %, Vitamin C 50 %, Calcium 6 %, Iron 15 %