

Chicken

Chili 'n Cheese Chicken

www.HeinzKetchup.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 20 minutes

4 4-ounce boneless/ skinless chicken breast halves

1 tablespoon vegetable oil

1/2 cup Heinz Hot & Spicy ketchup

1 can (4 oz) chopped green chilies

1/4 cup green onions, thinly sliced

4 slices Cheddar cheese

2 tablespoons chopped cilantro or parsley

Lightly flatten the chicken to uniform thickness.

In a large skillet, brown the chicken in the oil.

In a small bowl, combine the ketchup, chilies and onions. Spoon the ketchup mixture evenly on each chicken breast.

Cover the skillet. Cook over medium-low heat for 10 minutes or until the chicken juices run clear.

Top each chicken breast with a slice of cheese.

Cover and cook for 1 to 2 minutes longer or until the cheese is melted.

Sprinkle with the cilantro or parsley.

Per Serving (excluding unknown items): 489 Calories; 41g Fat (75.3% calories from fat); 28g Protein; 2g Carbohydrate; trace Dietary Fiber; 119mg Cholesterol; 705mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 5 1/2 Fat.