

## Chicken

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# Santa Fe Chicken

Taste of Home One -Dish Meals

**Servings: 4**

**1 large onion, chopped**  
**1 1/2 tablespoons jalapeno peppers, seeded and chopped**  
**1 tablespoon olive oil**  
**1 clove garlic, minced**  
**1 1/4 cups reduced-sodium chicken broth**  
**1 can (10 oz) diced tomatoes and green chilies, undrained**  
**1 cup long grain rice, uncooked**  
**4 4-ounce boneless/skinless chicken breasts**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**1/4 teaspoon ground cumin**  
**3/4 cup cheddar cheese, shredded**  
**minced fresh cilantro (optional)**

In a large skillet, saute' onion and jalapeno in oil until tender. Add garlic; cook 1 minute longer. Stir in broth and tomatoes; bring to a boil. Stir in rice.

Sprinkle chicken with salt, pepper and cumin; place over rice mixture. Cover and simmer for 10-15 minutes on each side or until a meat thermometer reads 170 degrees.

Remove from the heat. Sprinkle with cheese; cover and let stand for 5 minutes.

Garnish with cilantro, if desired.

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Per Serving (excluding unknown items): 99 Calories; 7g Fat (64.4% calories from fat); 6g Protein; 3g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.