

One Pan Potatoes & Chicken

- 4 medium potatoes
- 1 pound chicken breast (boned and skinned)
- 2 Tbsp. oil
- 1 cup salsa
- 1 15-ounce can whole kernel corn (drained)

PREPARATIONS

1. Cut potatoes into $\frac{3}{4}$ -inch cubes.
2. Cook potatoes over medium-high heat until fork-tender. Remove from pan.
3. Heat the oil in a skillet over high heat. Brown the chicken for 5 minutes.
4. Add the potatoes back into the pan and cook until lightly browned.
5. Add salsa and corn. Cook until heated through.
6. Serve warm.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	285
Total Fat	7 g
Protein	21 g
Carbohydrates	35 g
Dietary Fiber	4 g
Saturated Fat	1 g
Sodium	316 mg
Total Sugars	3 g

Source: USDA