

Fiesta Baked Chicken



PREPARATION TIME
10 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
black bean soup



Tomato paste in a tube? You bet! It's perfect when you need small amounts in a recipe.

Tightly capped and refrigerated, it will last up to 1 year. Look for it in the tomato product section of the market.

SHOPPING LIST

- chicken breasts • cornmeal
- tomato paste • chicken broth
- chili seasoning mix

ON HAND

- flour • butter

Fiesta Baked Chicken

INGREDIENTS

- 1/4 cup butter or margarine
- 2 tablespoons cornmeal
- 2 tablespoons chili seasoning mix
- 1/4 cup all-purpose flour
- 2 skinless, boneless chicken breasts (4 ounces each)
- 1 (14 1/2-ounce) can chicken broth
- 2 tablespoons tomato paste or ketchup

SERVES 4

COOKIN'
Express

• A quick batch of chili seasoning mix can be made from ingredients in your cupboard. Combine 2 teaspoons chili powder with 1 teaspoon each salt, oregano, cumin and coriander.

• Make a delicious black bean soup to accompany this dish. Just mix a can of black beans with a 12-ounce jar of salsa, then heat to serving temperature for a quick side dish.

Make Ahead

Create a lunch that's better than fast-food chicken sandwiches! Heat a leftover chicken breast and some sauce in the microwave, then place on a hard roll.

◆ VARIATION

Protein-packed kidney beans will make a hearty addition to this recipe. Add 1 cup drained beans to the sauce in step 4.

1 Preheat oven to 400°F. Melt butter in a large ovenproof skillet in the oven. Mix cornmeal, chili seasoning mix and flour in a large resealable plastic bag; add chicken. Shake bag to coat chicken.



2 Remove chicken, reserving flour mixture. Add chicken to skillet, turning to coat with butter. Place skillet in oven. Bake chicken, turning once until brown and crisp, about 20 minutes.

3 Place chicken on a serving platter; keep warm. Place skillet on stove top over medium heat. Add reserved flour mixture to skillet drippings. Cook, stirring continually, for 2 minutes.



4 Stir broth and tomato paste into skillet. Cook, stirring occasionally, for 3 minutes or until thickened. Serve sauce with chicken.