

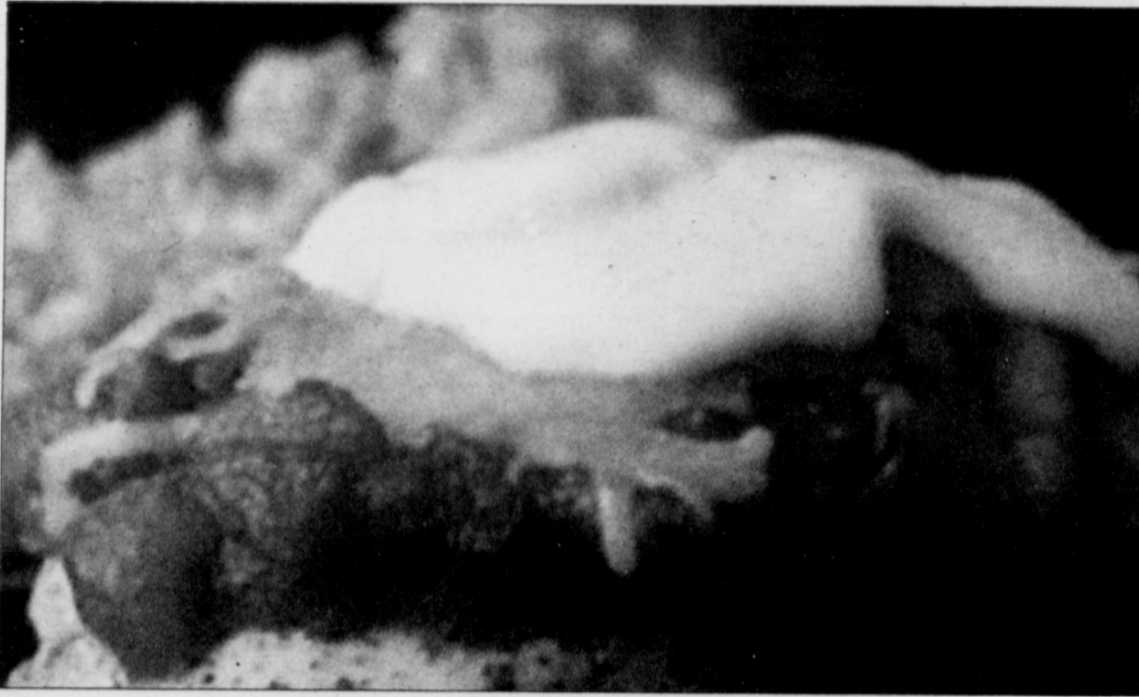
# FOOD

## Salsa Chicken

Chicken seasoned with taco seasoning and topped with salsa, then baked. You can use mild, medium or hot salsa depending on your taste. Serve it with Spanish rice and Mexican-style canned corn. Very easy and quick! Makes 4 servings.

### Ingredients:


- 4 skinless, boneless chicken breast halves
- 4 teaspoons taco seasoning mix



- 1 cup salsa
- 1 cup shredded Cheddar cheese
- 2 tablespoons sour cream (optional)

### Directions:

1. Preheat oven to 375 degrees F (190 degrees C)
2. Place chicken breasts in a lightly greased 9x13 inch baking dish. Sprinkle taco seasoning on both sides of chicken breasts, and pour salsa over all.
3. Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes, or until chicken is tender and juicy and its juices run clear.
4. Sprinkle chicken evenly with cheese, and continue baking for an additional 3 to 5 minutes, or until cheese is melted and bubbly. Top with sour cream if desired, and serve.




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*This recipe is a simple Spanish rice that is quick and easy and tastes delicious. The vegetable juice and the taco seasoning add more flavor to this dish. Makes 6 servings.*

## Quick and Easy Spanish Rice

### Ingredients:

- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 3 cups uncooked instant rice (such as Minute®)
- 2 1/4 cups chicken broth
- 1 cup vegetable juice (such as V8®)
- 1 1/2 teaspoons taco seasoning

### Directions:

1. Cook and stir onion, garlic, and vegetable oil in a skillet over medium heat until onions are softened, about 5 minutes.
2. Stir rice into onion mixture and cook, stirring often, until rice becomes slightly opaque, 1 to 2 minutes.
3. Stir chicken broth, vegetable juice, and taco seasoning into rice mixture and bring to a boil. Cover and simmer over low heat until rice has absorbed most of the liquid, about 5 minutes.



## Charles Washington

Former Publisher of the Portland Observer

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