

Chicken Chihuahua

Recipe by Carolyn Keys, submitted by Lo Mielke, Red Bird Farms, Englewood, CO

Ingredients:

4 Red Bird boneless skinless chicken breasts
1 cup Jalapeno jam
3 Tbsp. olive oil
2 tomatoes, diced (reserve some for garnish)
1 bunch cilantro, chopped (reserve some for garnish)
1 1/2 cups chicken broth
1 small pkg. cream cheese or 1 cup low fat sour cream
2 avocados, diced

Instructions:

Preheat oven to 350 degrees.

First, dice the tomatoes, avocado and chop the cilantro. In a large sauté pan, brown the chicken quickly in 3 Tbsp. olive oil, both sides. As you brown, baste chicken with 1/2 cup of Jalapeno jam. Remove chicken to low baking dish, large enough to accommodate chicken in one layer. Cover and bake at 350 degrees for 20 - 30 minutes.

In the meantime, add chicken broth to pan juices & whisk until smooth. Add the low fat sour cream or cream cheese and stir until blended and smooth. Add chopped cilantro, tomatoes & remaining jalapeno to pan. Reserve some cilantro & tomato for garnish. Stir well.

Remove the chicken from oven, arrange on platter. Spoon sauce onto each breast and add chopped avocado, garnish with reserved cilantro and tomato.