

# Santa Fe Baked Chicken and Lentils

## Ingredients:

Yield: 8 Large Servings

1.5 cup Lentils (green or red)	1 cup Plain Yogurt
3 cups Chicken Broth, Low Sodium	2 Bell Peppers, chopped
2 pounds Chicken Breast	1 can Tomatoes (14 oz)
2 t Cumin	2 cups Corn (frozen)
1/2 t Sea Salt and Pepper to taste	2 cups Shredded Cheese
1/4 t Cayenne Pepper	1 Jalapeno Pepper, minced
1 Onion, chopped	1 cup Cilantro



Directions: Preheat oven to 350. Combine lentils, broth and 1/4 t sea salt and bring to a boil.

Reduce heat and cook on low for 30 minutes or until cooked. While lentils are cooking, heat olive oil in skillet and add garlic, onion, peppers cooking until soft. Add chicken and spices and cook 5-10 minutes or until chicken is cooked. Stir in tomatoes, corn, jalapeno, cilantro, yogurt and 1 cup cheese. Adjust spice or heat to taste at this time. Transfer mixture into 9x13 dish and sprinkle with remaining cheese, cover with foil and bake 45 minutes. Remove foil and bake 15 minutes longer. Let stand at least 15 minutes before serving.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving  
(Per 1/8 dish):**

**Calories: 379**

**Fat: 14 grams**

**Carbohydrates: 14 grams**

**Fiber: 3 grams**

**Protein: 47 grams**

**Sodium: 500 mg**

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