

SALSA AND POBLANO-CHILE CHICKEN FROM LHJ ONLINE

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It's the sliced poblano chiles combined with prepared salsa that give

this chicken bake its great south-of-the-border taste.

Dark-green

poblanos have the richest flavor and range from mild to medium-hot.

Prep time: 10 minutes

Baking time: 40 to 45 minutes

Degree of difficulty: easy

8 medium chicken thighs (2 1/2 lbs.)

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

3 large (8 oz.) poblano chiles, cut into thin strips

3/4 cup mild or medium prepared salsa

1/4 cup water

Cooked rice

1. Heat oven to 350°F. Sprinkle chicken with salt and pepper.

Heat large

nonstick skillet 3 minutes over medium-high heat. Add 4 chicken thighs

skin side down. Cook 2 minutes per side. Transfer to paper towels.

Repeat with remaining chicken.

2. Remove all but 1 teaspoon drippings from skillet. Add chiles and cook

4 to 5 minutes over medium-high heat, stirring until softened.

Return

chicken to skillet; stir in salsa and water. Bake 40 to 45 minutes until

chicken is cooked through. Serve with rice. Makes 4 servings.

PER SERVING

Calories 420

Total Fat 26 g

Saturated Fat 7.5 g

Cholesterol 139 mg

Sodium 879 mg

Carbohydrates 7 g

Protein 38 g