

Southern Delight®

Savory Apple & Honey Salsa-Smothered Chicken

A Quick & Easy Recipe

INGREDIENTS

16 Frozen Chicken Tender Strips
1/4 C. Olive Oil

Southern Delight Classic Seasoning
2* Jars Southern Delight Savory Apple & Honey Salsa

DIRECTIONS

Place frozen chicken in Olive Oil in electric skillet or large skillet, seasoning generously with Southern Delight Classic Seasoning.

Sauté at medium heat, covered for 15-20 min, turning to thoroughly cook both sides (covering greatly reduces the cooking time for the frozen chicken). Uncover or partially cover during the last 5 min. of cooking time. Pour 2* jars of Southern Delight Savor Apply & Honey Salsa (Mild, Medium or Hot) over the chicken. Cover and simmer for 15 min., stirring occasionally.

Serve over rice, pasta, or simply by itself. It's simply wonderful, plus it's low-carb & low-sodium.

Serves 4. Enjoy!

* You may like to try using more salsa, particularly if you serve with pasta or rice.

An essential ingredient in the gourmet pantry!
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