



Cumin Chicken

This zesty chicken dish comes together in a flash. Saucy and delicious, it's great for company or a quick family dinner. Adapted from a recipe in *Light & Tasty*, this one is a winner!

Serves 4

3 tsp. ground cumin, divided
1/2 tsp. dried oregano, crushed
1 tsp. salt, divided
4 boneless chicken breast halves
1 Tbs. oil
1/2 tsp. crushed garlic
4-5 drops legal hot pepper sauce (we use original Tabasco), or more to taste
1 c. finely chopped tomato
1/2 c. chopped onion
1/3 c. chopped cilantro
2/3 c. legal tomato juice (we use Campbell's original)

Make 2 c. of your own picante sauce by combining 2 tsp. of the cumin, 1/2 tsp. of the salt, garlic, Tabasco, tomato, onion, cilantro and tomato juice. Add more tomato or onion to make 2 cups, if needed. Set aside.

Combine 1 tsp. cumin, oregano and 1/2 tsp. salt; sprinkle over both sides of chicken. In a large nonstick skillet, brown chicken in oil on both sides.

Pour picante sauce over chicken. Bring to a boil. Reduce heat; cover and gently simmer for 8-12 minutes or until chicken is no longer pink when slashed.

Remove chicken and keep warm. Cook and stir the sauce over medium-high heat for 3-5 minutes or until thickened. Serve over chicken.