



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



Cumin Chicken

3 tsp. ground cumin, divided
 $\frac{1}{2}$ tsp. dried oregano, crushed
1 tsp. salt, divided
4 boneless skinless chicken breast halves
1 Tbs. oil
 $\frac{1}{2}$ tsp. crushed garlic
4-5 drops Original Tabasco Sauce or more to taste
1 c. finely chopped tomato
 $\frac{1}{2}$ c. chopped onion
 $\frac{1}{3}$ c. chopped cilantro
1 small can or $\frac{2}{3}$ c. Campbell's Tomato Juice

Make 2 c. of your own picanté sauce, combining 2 tsp. of the cumin, $\frac{1}{2}$ tsp. of 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 $\frac{1}{2}$ tsp. salt; sprinkle over both sides of chicken. In a large nonstick skillet, brown chicken in oil on both sides.

Pour picanté 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.