



**Prep time:** 40 minutes

**Ingredients:**

- 2 6-ounce chicken breasts without skin
- 2 ounces jalapeño Jack soy cheese
- ¼ cup bread crumbs
- 8 ounces canned tomato sauce
- 1½ teaspoons cumin
- 1½ teaspoons chili powder
- 1 teaspoon cilantro
- 2 garlic cloves, minced
- ¼ cup onion, minced
- 2/3 cup rice, cooked

**Utensils**

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- oven-safe baking dish
- small saucepan
- measuring spoons

**Directions:**

1. Trim all fat from chicken breast.
2. Place chicken breast in an oven-safe baking dish.
3. Sprinkle breadcrumbs over the top of the chicken.
4. Cook chicken at 375°F (190°C) for 30 minutes or until chicken is no longer pink in the middle.

5. In a small saucepan, combine tomato sauce, cumin, chili powder, cilantro, minced garlic, and onion. Simmer over low heat until chicken is ready to be served (about 30 minutes).
6. Remove baking dish from oven and put 1 ounce soy cheese on each piece of chicken. Cook for another 3 to 5 minutes or until cheese has melted.
7. Serve chicken and rice with tomato sauce drizzled over the top.

**Serves:** 2

**Serving size:** 1 chicken breast, 1/3 cup of rice, and 1/2 cup of sauce