

## Blue Tortilla Chicken

Provided by: Tyson Foods



"Boneless skinless chicken breast coated with blue corn tortilla chips and spices. Serve with salsa and avocado slices to create a delicious Southwestern dinner."

Original recipe yield: 4 servings.

Servings:

4 ([change](#))

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### INGREDIENTS:

- 4 Tyson® Individually Fresh Frozen Boneless, Skinless Chicken Breasts
- 3/4 cup finely crushed blue tortilla chips
- 3/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cumin
- 1 egg
- 1 tablespoon vegetable oil
- 1 1/2 cups salsa

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### DIRECTIONS:

1. Remove protective ice glaze from frozen breasts by holding under lukewarm running water about 1 minute. Pat chicken dry with paper towels. Wash hands.
2. Preheat oven to 400 degrees F. In shallow dish, combine tortilla chips, salt, oregano, and cumin. Lightly beat egg in another shallow dish. Dip chicken in egg, then chips mixture. Wash hands.
3. Heat oil in large nonstick skillet. Add chicken and cook over medium-high heat until browned, 3 minutes per side. Transfer chicken in skillet to oven; bake 12 minutes or until juices run clear when thickest part of chicken is pierced or temperature on instant-read thermometer reaches 170 degrees F. Serve with salsa. (Refrigerate leftovers.)