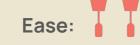


Cost: 66



Health Benefit: Chicken breast is a lean source of protein that supports weight management. Dark chocolate contains antioxidants that benefit heart health.

Simple Chicken Mole

Ingredients

- 1 lb chicken breasts
- 1, 8 oz can tomato sauce
- 2 TBSP olive oil
- 3 cloves garlic
- 1 TBSP chili powder
- ¹⁄₂ tsp ground cumin
- ½ tsp cinnamon
- 1/4 cup chicken broth (low sodium)
- 1⁄4 cup dark chocolate chips
- salt and pepper

Directions:

- . Heat a skillet with 1 TBSP olive oil; Add chicken and cook until brown on both sides, about 2 minutes on each side; Transfer to a plate
- Reduce heat to medium; Add remaining oil, garlic, and spices;
 Cook and stir until fragrant, about 1 minute
- Add tomato sauce, broth, and chocolate; Stir to combine; Bring to a summer
- Reduce heat to medium low and add chicken back into skillet; Coat with sauce; Summer until chicken is fully cooked, about 5 minutes; Enjoy!

Equipment Large skillet

