

EVERYTHING Herbal

by Cheryl Jabz



COOKING
WITH HERBS
FOR HEALTH,
FLAVOR &
TRADITION

Bubbie's SANTA FE CHICKEN

A zesty, herb-infused chicken dish
loaded with black beans, corn,
tomatoes, and melty cheese.
Perfect for weeknight dinners!

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ tsp smoked paprika
- Salt and black pepper to taste
- 1 cup salsa (mild, medium or hot)
- 1 cup black beans, drained and rinsed
- 1 cup corn (fresh, frozen or canned)
- 1 bell pepper, diced
- ½ cup shredded cheddar or Mexican blend cheese
- 2 tbsp chopped fresh cilantro (optional)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Season chicken with garlic powder, onion powder, oregano, cumin, smoked paprika, salt and black pepper.
3. Heat olive oil in a large oven-safe skillet over medium-high heat. Add chicken and sear for 4–5 minutes per side until golden. Remove chicken and set aside.
4. In the same skillet, add bell pepper and sauté for 2–3 minutes.
5. Stir in salsa, black beans, and corn. Let simmer for 2 minutes.
6. Return chicken to the skillet, spoon the mixture over the top.
7. Sprinkle with cheese and transfer skillet to the oven.
8. Bake for 20–25 minutes, or until chicken is cooked through (internal temp 165°F / 74°C) and cheese is melted and bubbly.
9. Garnish with fresh cilantro and serve hot.

SERVE WITH



Cilantro
Lime Rice



Fresh
Garden Salad



Tortilla
Chips



Sliced
Avocado



Lime
Wedges

Herbal Benefits

Oregano and cumin support
digestion and immunity.

Garlic and cilantro help
detox and reduce inflammation.

Bell peppers provide vitamin C
for a strong immune system.

SCAN
ME



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to yours ♥