

Southwest Chicken Grillers

Ingredients:

- 1 cup frozen or canned corn
- 1 (15oz) can black beans, drained and rinsed
- 1 tsp taco seasoning
- 2 chicken breasts
- salt and pepper to taste
- 1/2 cup salsa or pico de gallo
- 1 cup shredded pepper jack cheese
- cilantro, to garnish
- sour cream, optional
- avocado, mashed, optional
- lime, optional

Instructions:

1. Pull off 4 sheets of heavy-duty tin foil (8-10 inches) and layer to create 2 packets. Lightly mist with cooking spray.
2. Stir together the corn, black beans, and [taco seasoning](#). Divide between the 2 foil packets. Season the chicken with salt and pepper. Place 1 chicken breast or 2 chicken tenders in each packet. Top the chicken with salsa and shredded cheese.
3. Bring the two longer edges of the foil together above the food. Fold the edges down twice, creating the top seal. Press the side edges together and fold, creating a secure packet.
4. Cook on hot coals, a gas grill, or in a 375 degree oven for 30 to 45 minutes until chicken is cooked through.
5. Top with fresh cilantro, sour cream, avocado and lime juice before serving.