**Southwestern Chicken & Rice Foil Packets**

(3 servings)

Ingredients for the Fish

* 3 4oz chicken breasts
* 1 packet uncle bens Spanish rice
* 1 cup water
* 1-2 taco seasoning packets
* 1/3 cup salsa
* ½ cup mozzarella cheese
* 1 cup bell pepper sliced into thin strips
* ¼ cup onion sliced into thin strips
* ½ cup black beans
* 1 tbsp olive oil

Directions

* Pre-heat oven to 400F. Line a baking sheet with 3 sheets of foil (about 6-8 inches) and set aside.
* Divide rice into 3 foil packets
* Pound chicken with a meat tenderizer or a rolling-pin until they are even. Seasoning each chicken breast generously with the taco seasoning packets. Place the chicken on the rice. Top each chicken with a few tablespoons of salsa and a sprinkle of cheese. Add the veggies and beans on the sides of the chicken. Drizzle each packet with olive oil and fold the sides of the foil over the chicken, covering completely; seal the packets closed.
* Bake for 30-35 minutes, or until chicken's internal temperature reaches 165F. Remove from oven and carefully open up the foils; put the packets under the broiler for 3 to 4 minutes. Squeeze fresh lime juice on each packet, garnish with cilantro and sour-cream if desired and serve.