

Foodnity Recipes

Creamy Chicken with Southwest Seasoning

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Southwestern** Cuisine

Ingredients

Chicken and Rub

- [ ] 4 boneless skin-less chicken breasts (about 1.5 lbs)
- [ ] 1 tablespoon olive oil
- [ ] 2 teaspoons ground cumin
- [ ] 2 teaspoons chili powder
- [ ] 1 teaspoon smoked paprika
- [ ] ½ teaspoon garlic powder
- [ ] ½ teaspoon onion powder
- [ ] pinch sea salt
- [ ] pinch black pepper

Creamy Sauce

- [ ] 1 cup low-fat Greek yogurt (or heavy cream for richer sauce)
- [ ] ½ cup chicken broth
- [ ] ¼ cup shredded Monterey Jack cheese (or cheddar)
- [ ] 1 tablespoon fresh lime juice
- [ ] 1 cup chopped fresh cilantro, plus extra for garnish

Optional Garnish

- [ ] ½ cup crushed tortilla chips (optional, for garnish)

Instructions

1. First, let's get our flavors ready. In a small bowl, go ahead and combine your ground cumin, chili powder, smoked paprika, garlic powder, onion powder, salt, and pepper. Just stir them together to create a lovely southwest seasoning rub.

2. Now, take a moment to pat the chicken breasts dry with paper towels—honestly, this is the secret to a good sear. Generously coat both sides with that seasoning mixture, pressing it in gently so it really sticks to the meat.

3. Heat your olive oil in a large skillet over medium-high heat. Carefully place the chicken in the pan and sear for about 5–7 minutes per side. You're looking for a beautiful golden brown color and juices that run clear. I always use a thermometer to make sure the internal temperature hits 165°F (75 °C). Once they're done, just move them to a plate for a little bit.

4. In that same skillet—don't wash it, those browned bits are where the flavor lives!—pour in the Greek yogurt and chicken broth. Whisk it constantly to blend everything into a smooth sauce. Keep it over medium heat for 1–2 minutes until it's thick enough to coat the back of a spoon.

5. Turn the heat down to low. Stir in the shredded Monterey Jack cheese and let it melt in smoothly. Now, slide those chicken breasts back into the skillet. Spoon that creamy sauce all over them and let everything simmer gently for 3–4 minutes so the flavors can really get to know each other.

6. Stir in the fresh lime juice and half of your chopped cilantro. Give it a little taste; if it feels a bit too thick, just whisk in another tablespoon of broth. If it's too thin, let it reduce for another minute. You want the chicken to look glossy and the sauce to be perfectly creamy.

7. Carefully transfer your creamy chicken to a serving platter. Sprinkle the rest of the cilantro over the top and tuck some lime wedges on the side for that extra little citrus burst.

8. Now, if you're feeling fancy, you can toss the crushed tortilla chips in a light spray of olive oil and toast them until they're crisp. Scatter them over the dish for a bit of smoky crunch.

9. Well, the hardest part is waiting, but let the dish rest for 5 minutes before serving. This lets the juices redistribute so the meat stays tender. If you're reheating leftovers later, just do it gently.

Nutrition per serving

385 kcal	42 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The browned bits in the pan are essential for a deep, savory sauce flavor.
- Using a thermometer ensures you don't overcook the chicken, keeping it juicy.
- The addition of lime juice at the end brightens all the heavy creamy notes.