

Creamy Pepper Jack Chicken

Unit: Large Skillet

1 - cup of onion cut on #2 blade	1 - clove of minced garlic
1 - 6oz. box of long grain wild rice mix	1 ¼ - cups of water
¼ - cup of fresh cilantro (chopped)	4- boneless chicken breasts
1 - large jalapeño pepper (minced)	1 - cup of sour cream
1 - tbsp. cajun seasoning (darn good)	¾ - cup of salsa
1 - cup of colby jack cheese (cut on #2 blade)	

In a small bowl, combine sour cream and cilantro. Set aside. Preheat the skillet on medium-high heat (400 on electric skillet). Set Sauté the onion and garlic for 2 minutes. Next add tomato, water and seasoning packet. Bring to a boil.

Stir in the rice, Cajun seasoning and add the chicken breasts to the unit. Seal the lid on the unit and turn the valve below the knob to open. Reduce to low heat when the valve whistles. Cook for 20 minutes.

Sprinkle the chicken with jalapeno and cook 5 more minutes covered. Finally, sprinkle cheese on and cover for 5 minutes or until the cheese is melted and serve with sour cream mixture when you plate the dish..