

Frugal Foodie Friday: World's Easiest Healthy Chicken Recipe

Quite the claim, I know. And while it may or may not be true, this meal is unbelievably simple and very food allergy-friendly. My husband quite literally threw this dish together one night when we were starving and uninspired, so of course it is aptly named (after him), Tony's Two-Ingredient Salsa Chicken. It has since become one of our go-to meals on those hurried nights. But even more than its simplicity, I love the versatility of this recipe. You can easily customize the flavors with one simple tweak of an ingredient: go with a mild salsa (for timid taste buds), or extra-spicy (for fire lovers), use green salsa, a fresh homemade salsa, add a tropical flare with pineapple or mango salsa, what about a corn and bean salsa, or stick with the cheapest all-natural salsa in a jar that you located on sale at your local grocer for \$1.34 (that would be our pick!). Tired of chicken? This will work well with fish too, just keep an eye on the cooking time.