



Chicken with Black Bean Sauce

Makes: 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

3 tablespoons diced yellow onions

1/2 teaspoon minced garlic

1 14-ounce can black beans, rinsed and drained

2 teaspoons ground chipotle chili

1 cup chicken stock

1/4 cup diced tomatoes

1/2 teaspoon minced fresh cilantro

1 teaspoon sea salt

1 tablespoon extra virgin olive oil

2 tablespoons chili powder

4 4-ounce skinless, boneless chicken breast halves

1. Lightly spray a large saucepan with cooking spray. Saute onions and garlic over medium heat until onions are translucent. Add the beans, chipotle, chicken stock, tomatoes, cilantro, and salt; simmer 15 to 20 minutes, or until the beans are slightly thickened. Remove from heat and let cool slightly. Puree half the bean mixture in a blender or food processor; place in a bowl with the rest of the beans and mix together.

2. Preheat the broiler.

3. Combine the olive oil and chili powder in a small bowl; mix to form a paste. Rub the paste over the chicken breasts.

4. Broil the chicken 3 to 5 minutes per side, or until no longer pink. Top with the black bean sauce.

Nutrition facts per serving: 330 calories, 37g protein, 29g carbohydrate, 8g fat (3g saturated), 11g fiber