

Chicken With Black Bean Sauce

Makes: 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

- 3 tablespoons diced yellow onions
- ½ teaspoon minced garlic
- 1 14-ounce can black beans, rinsed and drained
- 2 teaspoons ground chipotle chile
- 1 cup chicken stock
- ¼ cup diced tomatoes
- ½ teaspoon minced fresh cilantro
- 1 teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons chile powder
- 4 4-ounce skinless, boneless chicken-breast halves

1. Lightly spray a large saucepan with cooking spray. Sauté 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 chile 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, 37 g protein, 29 g carbohydrate, 8 g fat (3 g saturated), 11 g fiber

Each
recipe takes
just
30
minutes
or less!



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