

## **Chicken with Black Beans**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 25 minutes

Serves: 4

**CChints:** This is a low fat, high fiber and flavorful dish. You can use your favorite rice which may cook in 5 – 25 minutes. For this recipe we like Spanish Yellow Rice that takes 20 minutes. Read the directions on your rice and adjust water and cooking time accordingly. If you don't have plum

tomatoes you can substitute a 14 ounce can of diced tomatoes, well drained. The best way to slice a bell pepper is to cut the top off and slice the body into sections. Cut out the white membrane and slice it into pieces with the inside flesh side up.



5 ounce package Vigo® Spanish Yellow Rice (4 servings)

1-1/4 cups water for the rice

2-3 large boneless, skinless chicken breasts

1 tablespoon olive oil

1 medium yellow onion, chopped

1 red bell pepper, chopped

15 ounce can black beans, rinsed and drained

1 tablespoon fresh oregano, chopped

2 tablespoons red wine vinegar

1/2 teaspoon liquid smoke

4 sliced plum tomatoes

1 tablespoon extra-virgin olive oil

Serve with side salad and your favorite dressing or McSteamed vegetables (recipe this website)

Cook the rice according to package directions which should take 20 minutes. While the rice is cooking, start on the rest of the dish.

Lay out about 18 inches of plastic wrap on the counter. Rinse chicken, cut them in half and pat dry with a paper towel. Take one piece of chicken at a time and lay it on the plastic wrap. Fold the plastic over the top of the one piece of chicken at a time and pound it to 1/2 inch thick with a meat mallet or heavy skillet. Lay the chicken on a plate. Throw away the plastic wrap and wash all items that came in contact with the raw chicken.

Add olive oil to a large nonstick skillet of medium heat. Cook chicken for 3 minutes and reduce the heat slightly. Flip the chicken over and add the onions and peppers to the pan for 3 minutes. Stir in the beans through liquid smoke. Lay the tomatoes on top and cover the pan. Simmer for 5 minutes. During this time, get your side dishes ready and set the table.

When the rice is done, remove the cover and drain off any excess water. Pour the olive oil over the rice and toss. Cover the rice and to keep it warm until you are ready to serve.

Put a scoop of rice and a piece of chicken on each plate. Spoon the bean mixture over the top and serve with a side salad or steamed vegetable.