

SALSA CHICKEN BEANS & RICE

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|--|-------------------------------------|
| 1 lb boneless, skinless, chicken breasts                                 | 1 c salsa (mild or medium to taste) |
| 2 t olive oil  | 2 c instant brown rice              |
| 1 med red or green bell pepper, chopped                                  | ¼ c minced cilantro                 |
| 1 can (14.5 oz) reduced sodium chicken broth                             |                                     |
| 1 can (15 oz) lima beans, kidney beans<br>OR blackeyes, drained & rinsed |                                     |

Cut chicken into ½ inch cubes. In a large skillet with lid or a Dutch oven, heat oil over medium heat. Add chicken and bell pepper, sauté until chicken is lightly browned, about 5 minutes.

Add broth, salsa and rice to chicken. Bring to a simmer. Cover, reduce heat to low and cook 5 minutes or until rice is tender. Stir in beans and cilantro. Cover and cook over low heat until heated through, about 5 minutes.

Serves 4.

Calories: 448, Carbohydrate: 50 grams, Protein: 45 grams, Fat: 7.5 grams.