

Tex-Mex Skillet

Serves 4

1 Tbsp. canola oil
4 boneless/skinless chicken breast halves (about 1 lb. total)
1 onion, diced
3 cloves garlic, minced
1 green pepper, diced
1 chipotle in adobo, minced + 1 tsp. adobo sauce
1 Tbsp. tomato paste
1 can diced tomatoes
Chicken broth*
1 (14.5 oz) can black beans, drained
3/4 cup white or parboiled brown rice*
1 tsp. cumin, divided
1 tsp. oregano, divided
1/2 tsp. chili powder, divided
1/4 cup lowfat sour cream
2 oz. queso fresco, crumbled
4 green onions (green tops), sliced

Heat a large skillet/sauté pan with a lid over medium heat and add the oil. Sprinkle the chicken breasts with 1/2 tsp cumin, 1/2 tsp. oregano and 1/4 tsp. chili powder, and then add to the oil. Brown on each side for about 2 minutes and remove to a plate.

To the pan, add the onions, garlic, and green pepper. Sauté until tender and then add the chipotle and tomato paste, stirring around for about a minute. Drain your diced tomatoes over a measuring cup. Add enough chicken broth to the cup to equal the amount you need to cook your rice (**see note below*). Add the diced tomatoes, broth/juice, black beans, rice, and remaining 1/2 tsp cumin, 1/2 tsp. oregano, 1/4 tsp. chili powder, and salt & pepper to taste to the pan. Bring to a boil and then add the chicken back in. Cover and reduce heat to low until chicken and rice are cooked through. Allow to stand off the heat for about 5 minutes.

Stir in sour cream and reseason to taste if necessary. Plate and top with crumbled queso fresco and green onions.

** I don't recommend using raw brown rice for this because the length of time it takes to cook will overcook the chicken. However, what you can do—and what I did do—is parboil your brown rice for 15-20 minutes (just boil & drain as you would pasta) or use a packaged parboiled/minute brown rice and then finish cooking the rice for about 10 minutes in the skillet. The amount of chicken broth will vary based on the type of rice you use. The amount of liquid from the broth and tomatoes should equal 1.5 cups if you are using raw white rice, and around 3/4 cup if you are using parboiled rice (or, check the directions on the box of rice).*

Nutritional Information Per Serving: Calories: 470 / Fat: 11g / Saturated Fat: 4g / Carbs: 52g / Protein: 40g

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