

# Black Bean Chicken

Here's an easy spicy dinner. While your chicken is simmering on the stove, prepare a tasty quick-cooking whole grain like quinoa or brown rice (convenient fast-cooking versions of brown rice are now in supermarkets). And, in keeping with the Mexican theme of the evening, jazz up your grains with some fresh low-sodium salsa. Got leftover chicken breasts? Freeze them for future dinners or lunchtime sandwiches.

Prep Time 30 mins	Active Time 10 mins	Total Time 40 mins
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Course: Dinner, Leftovers, Lunch, Main Course, Main Dish

Cuisine: Easy, Mexican, Poultry, Sandwich, South American    Yield: 4 servings

## Materials

- 1/2 cup corn roasted
- 4 4 ounces each chicken breasts (boneless, skinless)
- 1 cup black beans cooked
- 1/2 cup red onion diced
- 3 limes juiced
- 1 tablespoon garlic minced or sliced
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 jalapeno pepper finely chopped (seeds removed if you want to turn down the heat)
- 2 tablespoons cilantro leaves picked and chopped

## Instructions

1. \* A simple way to roast corn is to pour kernels (thawed if from the freezer) on a nonstick cookie pan. Bake at 425 degrees F until browned (about 20 minutes), stirring occasionally.
2. In a deep nonstick saute pan, sear the chicken breasts on one side over medium-high heat until brown.
3. Flip chicken over and add remaining ingredients, except cilantro. Cover and cook for about 5 minutes at low heat. Check for doneness (chicken's internal temperature should be 165 degrees F.)
4. Add the cilantro. Cook for 1 minute more. Serve hot.