

LiveBetter with MedWatch

Chicken and Black Bean Bake

Ingredients

- 1 (7-ounce) package, or 1 $\frac{2}{3}$ cups, instant black bean mix
- $\frac{1}{3}$ to $\frac{1}{2}$ cup dry sherry
- 4 chicken breast halves (about 1 $\frac{1}{2}$ pounds total), boneless and skinless
- 2 quarts shredded iceberg lettuce
- cherry tomatoes
- 2 cloves garlic, chopped
- Plain nonfat yogurt or reduced-fat sour cream
- $\frac{1}{2}$ cup shredded jack cheese
- 1 fresh red or green jalapeño chili, thinly sliced crosswise into rings (optional)

Preparation

1. In a shallow 2- to 2 $\frac{1}{2}$ -quart baking dish, stir together bean mix, 2 cups boiling water and sherry (use more sherry if you prefer a sauce-like consistency).
2. Lay chicken breasts slightly apart on beans.
3. Bake uncovered in a 400° oven until chicken is no longer pink in center of thickest part (cut to test), about 20 minutes.
4. Stir any excess liquid around the chicken into the beans.
5. Mound lettuce on 4 plates and top with beans and chicken.
6. Sprinkle with chili and cheese and garnish with tomatoes. Add yogurt to taste.

Makes 4 servings.



Nutrition Analysis

Per serving: 265 calories, 4.4 g fat (1.1 g saturated fat), 41 g protein, 7.2 g carbohydrates, 101 mg cholesterol, 452 mg sodium, 1.3 g dietary fiber



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