



Dinner: BBQ Chicken with Rice & Beans

Serves: 4

- 1 pound boneless, skinless chicken breast (4 pieces)
- 2 tablespoons canola oil, divided
- Salt and pepper
- 1/4 cup barbeque sauce
- 1 lime
- 2 cloves garlic, minced
- 1 bell pepper, finely chopped
- 1/2 teaspoon ground cumin
- 1 (15-oz) can black beans, rinsed and drained
- 3 cups cooked brown rice (1 cup dry yields 3 cups cooked)
- 1/2 cup fresh cilantro, chopped

Directions:

1. Heat grill or grill pan to medium-high. Season chicken breast with 4 teaspoons canola oil, salt, and pepper. Place on grill and cook for 6 to 7 minutes per side. Brush each side with barbecue sauce and cook for an additional 2 to 3 minutes or until cooked through. Transfer to a plate and squeeze fresh lime juice over the top.
2. While the chicken is cooking, prepare the rice and beans. Heat remaining oil in a large skillet, add garlic, bell pepper, cumin, and 1/4 teaspoon salt—sauté for 2 to 3 minutes. Add black beans and brown rice and continue to cook until rice is warm. Mix in cilantro and serve.

Tip: Canned beans are a huge time-saver. Make sure to rinse them thoroughly to get rid of some of the sodium.

Side: Cucumber Salad

Serves: 4

- 4 cups thinly sliced cucumber (3 to 4 large cucumbers—Kirby or English hothouse recommended)
- 1/2 teaspoon kosher salt
- 2 tablespoons rice vinegar
- Thinly sliced red onion to taste
- Black pepper to taste

Directions:

1. Place sliced cucumber in a large bowl and season with salt. Toss well and set aside for 5 to 10 minutes to allow cucumber to release some of its water—drain well. Add vinegar, red onion, and black pepper; toss well and serve.

