Black Bean and Cilantro Lime Rice

Yield: 6 servings

Instructions: Heat oil in a large skillet over medium-high heat. Add chicken and sauté until no longer pink. Stir in shallot and garlic; heat for 2 minutes. Add broth, chiles, black beans, lime zest and juice. Bring to a boil. Stir in rice. Cover, reduce heat, and simmer 5-7 minutes or until liquid is absorbed and rice is cooked. Remove from heat. Stir in cilantro and serve.

Nutrition Facts (per serving): 300 calories, 5 grams fat, 135 milligrams sodium, 38 grams carbohydrate, 5 grams fiber, 25 grams protein