

Eat to Live Well



Recipes for a Healthy Life!

Black Bean Chicken

Ingredients:

2 (15oz) cans black beans
16oz jar salsa
1/2 cup brown rice (uncooked)
1 pound chicken breast

Directions:

Place chicken breasts in slow cooker. Pour beans, rice, and salsa over chicken. Cook on low for 8-10 hours, or until chicken is no longer pink. Try serving with a side salad of spinach, tomatoes, carrots, and cucumber with a reduced-fat dressing.

Submitted by employee

Nutrition Facts: 6 servings total; each serving 239 calories, 1.2g fat, .3g saturated fat, 337mg sodium, 42g carbohydrate, 14g fiber, 16.7g protein

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