

Skillet Tomato Chicken and Black Beans

Serves 4

For the Chicken:

- 2 Tablespoons flour
- 2 Tablespoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound boneless skinless chicken breast
- 1 small yellow onion diced fine
- 1 medium carrot peeled and grated
- 1 - 14 oz. can crushed tomatoes
- 3 Tablespoons cider vinegar

1. In a medium bowl, combine flour, chili powder, cumin, salt and pepper.
2. In a large skillet heat 1 Tablespoon canola oil over medium high heat. Lightly dredge chicken in the flour mixture and brown the chicken in the skillet (approximately 4 minutes on each side). Remove the chicken from the pan and set aside.
3. Add 1 Tablespoon canola oil to the pan. Add the onion, carrot and a pinch of salt. Sauté mixture until soft, approximately 3 minutes.
4. Reduce heat to medium low. Carefully add the crushed tomato and cider vinegar. Scrape the bottom of the pan with a wooden spoon to pick up all the brown pan bits. Bring to a simmer and cook 5 minutes uncovered until slightly thickened.
5. Return the chicken to the pan, cover and simmer until chicken is completely cooked through (approximately 10 minutes).

For the Black Bean side dish:

- 2 teaspoons salt
- 1 Tablespoon canola oil
- 1 cup pearl couscous
- 1 14 oz. can black beans drained and rinsed
- 1 large yellow pepper diced fine
- 2 cups fresh spinach shredded
- 1 green onion sliced thin
- 2 Tablespoons cilantro or parsley
- Salt and pepper to taste
- Half a lemon

1. In a medium sauce pan bring 2 cups water to a boil. Add salt, oil and couscous; cook covered over low heat for 15 - 20 minutes.
2. In a large bowl, combine black beans, spinach, yellow pepper, green onion and cilantro. Stir in the warm prepared couscous to wilt the spinach. Season with salt and pepper to taste.
3. Plate the black bean mixture with the chicken. Squeeze lemon juice over everything.

Recipe by Chef Christina Dimacali of Clean Your Plate Chef Service and Cooking Instruction