

Chicken Sausalito *Quick and light comfort food.*

Vegetable cooking spray

8 ounces boneless skinless **chicken breast**, cut into $\frac{3}{4}$ -inch pieces

$\frac{1}{2}$ cup chopped **onion**

1 tsp minced **garlic**

2 tbsp **flour**

1 can (15 ounces) **black** or **red kidney beans**, rinsed and drained

$\frac{2}{3}$ cup **tomato**, chopped

2-3 tbsp mild or hot **salsa**

$\frac{1}{2}$ cup **reduced fat sour cream**

Salt and **pepper** to taste

3 cups cooked **rice**, warm

❶ Coat a large skillet with cooking spray; heat over medium heat until hot. Sauté chicken, onion, and garlic until chicken is cooked, 5-8 minutes. Sprinkle with flour and cook 1 minute longer.

❷ Stir in beans, tomato, salsa and sour cream. Cook until hot, 1-2 minutes; season to taste.

❸ Spoon chicken mixture over rice; serve with garnishes, such as chopped avocado, green onion, or cilantro.

NOTE: Any canned or packaged dry bean variety can be easily substituted.

MAKES 4 SERVINGS.

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Per serving:

352 calories

23g protein

5g fat

59g carbs

8.3g fiber

485mg sodium