

Cuban-Style Chicken

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★★★★☆ *Worthy of a Special Occasion*

Toss a green salad while the chicken cooks, then serve it with rice for a complete meal. To save time, use drained canned pineapple tidbits in place of fresh fruit.

Yield

4 servings (serving size: 1 chicken breast half, 1/2 cup bean mixture, and 1 tablespoon cilantro)

Ingredients

- 1/2 cup diced fresh pineapple
- 2 tablespoons rice vinegar
- 1 tablespoon orange marmalade
- 1 (15-ounce) can black beans, rinsed and drained
- 1/4 teaspoon ground red pepper, divided
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 1/4 cup chopped fresh cilantro

Nutritional Information

Calories:	293 (8% from fat)	—
Fat:	2.7g (sat 0.6g, mono 0.5g, poly 0.5g)	
Protein:	45.2g	
Carbohydrate:	22.4g	
Fiber:	6.2g	
Cholesterol:	99mg	—
Iron:	2.9mg	
Sodium:	632mg	
Calcium:	57mg	

Preparation

Combine the first 4 ingredients in a medium saucepan; add 1/8 teaspoon pepper. Bring to a simmer over medium heat; cook 1 minute or until thoroughly heated. Keep warm.

Heat a large nonstick skillet over medium heat. Combine the remaining 1/8 teaspoon pepper, salt, and paprika, and sprinkle evenly over chicken. Coat the chicken with cooking spray. Add chicken to pan; cook 5 minutes on each side or until done. Serve with bean mixture; sprinkle with cilantro.