

Grilled Chicken with Cilantro Lime Rice



1 teaspoon ground cumin
1 teaspoon garlic powder
1 teaspoon chili powder
1 Tablespoon olive oil
1 lb. boneless, skinless chicken breasts
2 cups low sodium chicken broth
1 clove garlic, minced
4 green onions, chopped

1 can (4 oz.) diced green chilies
2 teaspoons lime zest
3 Tablespoons (about 3 small limes) fresh lime juice
1 can (14.5 oz.) low sodium black beans, drained and rinsed
2 cups instant brown rice
1/3 cup chopped cilantro

Instructions: Preheat grill to medium heat. In a small dish, combine spices. Rub oil over chicken and rub spice mixture on both sides. Grill until chicken reaches an internal temperature of 165°F. Meanwhile, pour broth in medium saucepan. Add rice. Bring to a boil; stir, cover and simmer 10 minutes or until water is absorbed, then fluff. Stir in garlic, onions, green chilies, lime zest, juice, and black beans. Serve rice with grilled chicken and top with chopped cilantro.

Yield: 4 servings

Nutrition Facts (per serving): 470 calories, 9 grams fat, 210 milligrams sodium, 58 grams carbohydrate, 8 grams fiber, 38 grams protein