



RELLENO-STUFFED CHICKEN WITH BLACK BEANS AND CREAMY CILANTRO DRESSING

We've removed the bone from this stuffed chicken breast, but left the skin on for extra juiciness and flavor.



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Prep time: 30 minutes

Baking time: 25 to 30 minutes

Degree of difficulty: moderate

- 1 1/2 cups shredded Monterey jack cheese
- 3 tablespoons minced green onions
- 4 teaspoons minced fresh cilantro
- 1 teaspoon minced garlic
- 3/4 teaspoon cumin
- 8 boneless chicken breast halves with skin (about 3 1/2 lbs.)
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- Small romaine lettuce leaves

BLACK BEAN SALAD

- 3 cans (15 oz. each) black beans, drained and rinsed
- 4 plum tomatoes, seeded and chopped (2 cups)
- 2 avocados, peeled, pitted and diced
- 1/2 cup sliced green onions
- 2 tablespoons fresh lime juice
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

CREAMY CILANTRO DRESSING

- 2 cups lightly packed fresh cilantro leaves or 2 cups fresh parsley plus 2 tablespoons dried cilantro
- 1 cup sour cream
- 1/2 cup mayonnaise
- 2 tablespoons fresh lime juice
- 1/4 teaspoon minced garlic
- 1/4 teaspoon grated lime peel

1. Heat oven to 425°F. Combine cheese, green onions, cilantro, garlic and cumin in bowl. Loosen skin from 1 chicken breast half and spoon 2 tablespoons of cheese filling under skin. Repeat with remaining breasts and filling. Arrange stuffed breasts, skin side

up, in single layer in broiler pan or shallow roasting pan.

2. Drizzle chicken with oil and sprinkle with salt and pepper. Bake 25 to 30 minutes, until skin is golden and juices run clear when chicken is pierced with a fork. Let stand 5 minutes before slicing.

3. To serve, cut each chicken breast into 1/2-inch slices. Arrange lettuce on each of 8 serving plates, then top with 1 cup Black Bean Salad, sliced chicken and 3 tablespoons dressing. Makes 8 servings.

Black Bean Salad: Combine black beans, tomatoes, avocados, green onions, lime juice, vegetable oil, cumin, salt and pepper in medium bowl. Toss to coat well. Makes 8 cups.

Creamy Cilantro Dressing: Combine cilantro, sour cream, mayonnaise, lime juice and garlic in blender; blend until smooth. Stir in lime peel, and salt and pepper to taste. Cover and refrigerate until ready to use. Makes 1 1/2 cups.

<u>Per Serving With</u> <u>2 Tablespoons</u> <u>Dressing</u>	<u>Daily Goal</u>
Calories 675	2,000 (F), 2,500 (M)
Total Fat 41 g	60 g or less (F), 70 g or less (M)
Saturated Fat 12 g	20 g or less (F), 23 g or less (M)
Cholesterol 150 mg	300 mg or less
Sodium 831 mg	2,400 mg or less
Carbohydrates 23 g	250 g or more
Protein 54 g	55 g to 90 g
Calcium 256 mg	1,000 mg



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