

Black Bean and Chicken in Tortilla

Servings: 4

Source: Old red binder from Interlochen and before (also says Tallahassee Democrat Jan. 10, 1991)

Ingredients

- 3 Boneless, Skinless Chicken Breast Halves
- 4 Flour Tortillas
- 2½ teaspoons Olive Oil, Divided
- 1 medium Clove Garlic, Peeled, minced
- 1 medium Shallot (scallions Ok, Too) Peeled, Minced
- 1 Jalapeno Peppers, Seeded, Finely Chopped
- 1 15 can Black Beans, Drained, Rinsed Drained Again
- 1 large Ripe Tomatoes, cut into ½ inch cubes
- ¾ teaspoons Ground Cumin, Divided
- ¼ teaspoon Cayenne Pepper, Divided
- ½ teaspoon Salt, Divided
- 2 teaspoons Finely Chopped Cilantro
- 1 medium Red Onion, Thinly Sliced
- 4 teaspoons Lime Juice
- ¼ cup Plain Low-Fat Yogurt

Method

Cover chicken with cold water, bring just to boil, reduce heat and simmer 10 minutes or until no longer pink inside. Cool, shred with your fingers and refrigerate.

Wrap tortillas in foil; place in preheated 200°F oven while preparing remaining ingredients.

Heat 1 tsp oil in medium pan over medium heat. Add garlic, shallot and jalapeno; saute 1 minute.

Add black beans, tomato, ½ tsp cumin, ⅛ tsp cayenne pepper, ¼ tsp salt and the cilantro. Heat through; keep warm over low heat.

Heat remaining 1½ tsp oil over medium heat. Add red onions; saute until they begin to soften. Stir in chicken, ¼ tsp cumin, ⅛ tsp cayenne; ¼ tsp salt. Heat through 3 minutes.

Remove chicken from the heat and stir in 2 tsp lime juice; stir 2 tsp lime juice into black beans. Spoon chicken and bean mixture into warm tortillas; top with a little yogurt.

Serves 4 (or two of us!)