

Roasted Chicken with Black Beans and Yams

Ingredients:

- 3 to 4 chicken leg quarters or breasts
- 1 (29 oz) can black beans (or any beans), reserve liquid.
- 1 large yam, peeled and chopped into 2" chunks
- 1 tbsp chopped garlic, fresh or jar
- 1 tbsp cumin
- 1 bay leaf (optional) or favorite dried herbs (experiment).
- Salt and pepper to taste



Making it:

1. Preheat oven to 350 F.
2. Drain black beans reserving liquid. Add beans and half a cup of the bean liquid to bottom of a large baking pot or dish.
3. Peel and chop yam into large 2" pieces. Place chopped yams on the black beans. Sprinkle and mix garlic and cumin over yams and beans.
4. Place chicken on top and season with salt and pepper. Remove skin from chicken for a lighter version.
5. Cook covered for 1 hour. Uncover and continue cooking for 45 min.
6. A couple of fresh lime slices are colorful garnishes and a drizzle of lime juice brightens this Latin style entree.

Tips and Hints:

- Serve with white or brown rice to stretch this budget entree even further.
- If you use chicken breasts, white meat needs less time, so cook uncovered ~ 30 min. or less.
- You can add the rest of the bean liquid if you would like towards the end of cooking to create more sauce. The dark meat renders quite a bit of liquid so you can pour some of it for lower energy needs.

NUTRITION FACTS

Servings: 4
 Serving Size: 1 piece chicken with ¼ cup beans, a few chunks of yam

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| Total Calories | 450 |
| Carbohydrate | 44 g |
| Total Fat | 10 g |
| Protein | 43 g |
| Fiber | 10 g |

Prep Time: 15
 Cook Time: 1 hr 45 min.