

RECIPE CORNER

Soybeans and Rice



- 1 cup uncooked soybeans, rinsed and sorted
- 2 cups water
- 1 tablespoon canola oil
- 1/2 cup onion, chopped
- 1/2 cup green bell pepper, chopped
- 1 tsp garlic, minced
- 2 cups chicken stock
- 1/4 teaspoon dried oregano leaves
- 1/8 teaspoon ground chipotle or cayenne pepper
- 2 bay leaves
- 3/4 cup uncooked regular long-grain rice
- 1 can (14 1/2 ounces) diced tomatoes, undrained

Soak soybeans overnight or quick soak by covering the soybeans with water, boil uncovered two minutes, remove from heat and let stand one hour; drain. Add 2 cups of water, simmer soybeans for 2 to 2 1/2 hours until soybeans are tender (do not boil as the soybeans will fall apart), drain.

In a skillet, heat oil, add onion, bell pepper and garlic and cook for two minutes. Stir in chicken broth, oregano, chipotle pepper, and bay leaves. Heat to boiling, add rice, cover and simmer 15 to 20 minutes until the liquid is absorbed. Stir in soybeans and tomatoes and cook until liquid is absorbed. Remove the bay leaves before serving.

Nutrition per serving (1/2 cup)

150 calories, 6 g fat, 17 g carbohydrates, 10 g protein, 3 g fiber, 6% DV calcium, 16% DOV iron, 210 mg sodium, 0 mg cholesterol

Black Bean & Mango Salsa with Chicken

- 1/2 cup finely chopped red onion
- 4 cups boiling water
- 1 1/2 cups diced ripe mango
- 1 1/2 cups black beans, cooked or canned
- 1/2 cup diced red bell pepper
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 teaspoons garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon ground chipotle pepper
- Fresh ground pepper, to taste
- 4 boneless, skinless chicken breasts
- Olive oil



Place onion in a strainer and pour boiling water over it. Rinse with cold water and drain. Add onion to a bowl, along with mango, black beans, red pepper, cilantro, lime juice, garlic and salt. Mix gently, then add black pepper and chipotle pepper. Chill at least one hour or overnight to blend flavours. Heat oil in a skillet and cook chicken breasts. Serve chicken with salsa.

Nutrition per serving (1 chicken breast with 1/2 cup salsa)

333 calories, 3 g fat, 28 g carbohydrates, 46 g protein, 8 g fibre, 68 mg calcium, 4 mg iron, 384 mg sodium