

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



4 for \$10

Broiled Mexican Chicken Breast with Roasted Corn and Cucumber Salsa and Refried Pinto Beans

For the Chicken:

4 chicken thighs – remove bones and skin
2 tablespoons low-fat mayonnaise
1 tablespoon lime juice
½ teaspoon cumin,
½ teaspoon chili powder
½ teaspoon garlic powder
¼ teaspoon salt

For the Salsa:

2 ears corn (or 1½ cup canned or frozen corn)
1 teaspoon olive oil
2 ripe tomatoes
1 cucumber, de-seeded and diced
¼ cup onion, minced
2 tablespoons olive oil
2 tablespoons lime juice
1 clove garlic, minced (1 teaspoon)
¼ teaspoon EACH salt and pepper
¼ cup chopped fresh cilantro

For the Refried Beans:

2 teaspoons olive oil
¾ cup chopped onion
2 cloves garlic, minced (2 teaspoons)
2 scallions, chopped
1 (1 pound 13 ounce) can pinto beans, drained
1 teaspoon cumin
¼ teaspoon salt
2 tablespoons chopped fresh cilantro

Directions:

For the Chicken: Preheat oven to broil. In a medium bowl, combine mayonnaise, lime juice, cumin, chili powder, garlic powder, salt. Spread mixture on chicken thighs. Place chicken on broiling pan and cook 4 inches below heat for 15 minutes, until cooked through.

For the Salsa: Preheat oven 425 degrees Coat the corn with 1 teaspoon olive oil. Place on a baking sheet. Roast, turning twice, for 10 minutes until charred and tender. Cool slightly. Cut kernel from the corn into a large bowl. Add remaining ingredients.

For the Refried beans: Heat oil in a medium sauce pan. Add onion, scallions, and garlic and saute 3 minutes until softened. Add cumin, salt, and ¼ cup water. Simmer 10 minutes. Add cilantro and serve

Ingredients to purchase: 4 chicken thighs, 2 tomatoes, 1 cucumber, 1 bunch cilantro, 1 lime, 2 ears corn, 1 (1# 13oz) can pinto beans

Nutritional Information: 593 calories; 43 gm protein; 59 gm carbohydrate; 4 gm fiber; 157mg cholesterol; 22g fat; 4gm sat fat; 801mg sodium