

Mexican Style Pinto Beans

These beans are low-fat, and if you limit added salt to 1-1.5 tsp. they will be low-salt as well. To make fajitas serve with grilled chicken breasts (recipe below) and oven roasted onions and peppers.

1 lb. dried pinto beans
1 Tbs. canola oil
1 large onion diced
1 large green pepper diced
4 large cloves of garlic finely diced
4 cups low-sodium chicken broth (or low-sodium vegetable broth if you want vegetarian version)
1 cup water (may need more)
3 tps. chili powder
1 1/2 tps. ground cumin
2 tps. dried thyme
Salt and Pepper to taste

* If you prefer a spicier bean – feel free to add chopped jalapenos or other peppers of your choice.

Rinse and pick through pinto beans. Soak overnight in water. Sauté onion and green pepper in canola oil until tender. Add garlic and cook ~ 2 minutes. Add chicken broth, 1 cup water, beans, chili powder, cumin, thyme, salt and pepper. Bring to simmer, cover and cook for 1 1/2 hours. Check and stir ~ every 30 minutes. You may need to add more water.

Let beans sit ~ 20 minutes before eating. If you prefer a “creamier” bean dish you can remove ~ 1 cup of beans, mash them and return them to the pot.

Fajita-style Grilled Chicken Breasts and Roasted Peppers

(The Worcestershire and Soy Sauce make these fairly high in sodium – as alternative you can simply grill chicken with light salt/pepper.)

4 Boneless skinless chicken breast halves

Marinade made of:

1/3 cup Worcestershire sauce
1/3 cup low sodium soy sauce
2 pressed or finely diced garlic cloves
2 tsp. chili powder
1 tsp. ground cumin
juice of 1 large lime

Marinate chicken for ~ 2 hours.

Grill chicken until tender. Let rest, and cut crosswise into strips.

Onions } as many as
Red and Green peppers } you want

Olive Oil
Salt/Pepper

Preheat oven to 400 degrees.

Slice onions and peppers. Place in large casserole dish. Drizzle with olive oil, season with salt and pepper and toss.

Bake ~ 20 minutes until tender.