

# 5 Ingredients, Loads of Flavor!



## Ranch Chicken and Beans

Serves: 4 | Serving Size: About 1 Cup

### *Ingredients:*

- 1 ancho or another mild chili pepper, seeded and diced
- 4 chicken thighs, skin and bone removed
- 1 15-ounce can pinto beans, drained
- 1 cup low-sodium chicken broth
- 1 tsp Italian seasoning

### *Directions:*

Spray an oven-safe nonstick pan with cooking oil spray and heat over medium heat.

Sauté the diced chili pepper until golden, about 2-3 minutes.

Add the chicken and allow it to brown on one side, then add the beans, broth, and seasoning.

Bring everything to a gentle boil, then bake in a 375-degree oven for about 10 minutes or until the chicken is done.

### Nutrition Information:

Serves 4. Each serving contains 175 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 66 mg cholesterol, 246 mg sodium, 16 g carbohydrate, 4 g dietary fiber, 1 g sugar, and 20 g protein.

Each serving also has 2% DV vitamin A, 45% DV vitamin C, 5% DV calcium, and 11% DV iron.

### *Chef's Tips:*

This dish is delicious and high in fiber. It's very filling and has a "comfort food" appeal.

Chicken thighs are small in size and economical.

You can serve this dish with a salad or steamed vegetables to round out the meal. Half of a baked potato makes it a little heartier.

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