



Healthy Haystacks

- 1 (14-ounce) can no-salt black beans, drained and rinsed
- 2 large, ripe tomatoes, chopped and seeded
- 2 cups shredded, cooked chicken
- 1 Tbsp chili powder
- 3 Tbsp no-salt-added tomato paste
- 1 small can or ½ cup fresh roasted chopped green chilis
- ¾ tsp cumin
- 2 cups hot brown rice, cooked without salt or fat
- ½ cup reduced fat cheddar shredded cheese
- ¼ cup thinly sliced green onions

About 40 baked tortilla chips

Combine first 8 ingredients in large saucepan. Bring to a boil. Reduce heat and simmer about 15 minutes, or until thick. Stir to avoid sticking.

Spoon rice onto platter; top with chicken mixture, cheese and onions. Arrange chips around the edges. Serves 4

Nutrition Facts

Serving size: ¾ cup chicken mix, ½ cup rice, 10 chips

Calories	410
Total Fat	8g
Saturated Fat	2.5g
Cholesterol	64mg
Carbohydrate	51g
Dietary Fiber	12g
Sodium	454mg
Protein	36g

Diabetic Exchanges

Protein	5
Carbohydrates	3
Fat	1.5

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