

Havana Chicken (or tofu) and Rice

2-3 lbs chicken meat OR 2 pkgs extra firm tofu

½ c. lime juice (if using tofu, add a couple more Tablespoons of lime juice for some more zip)

¼ c. olive oil

5 large cloves garlic, crushed

Salt and pepper to taste

4 cups cooked brown rice

2 cans (15 oz each) black beans (I drain one, and leave the other undrained)

1 c. finely chopped fresh cilantro

1 Tablespoon chili powder

Cut protein into bite sized pieces. In a mixing bowl, combine lime juice, olive oil, garlic, salt and pepper. Add protein and stir until evenly coated. Cover and marinate, refrigerated, for at least 2 hours. Preheat oven to 350F. In a 2 quart casserole, combine rice, beans, cilantro and chili powder. Set aside. Place a large non-stick skillet over medium heat. With a slotted spoon, remove half the protein from marinade and transfer to skillet. Saute 5 to 6 minutes until lightly browned. Repeat with remaining protein. Stir sautéed protein into rice mixture. Cover and bake 40-45 minutes until protein is cooked through and rice mixture is hot. (Note: tofu can be eaten right out of the package, so if you are using tofu, it just needs to heat through)

Side dish suggestion: Spanish Orange Salad

Peel 3 oranges. Slice and cut into bite-sized pieces. Add 2 Tablespoons thinly sliced scallions, ¼ tsp freshly ground pepper, 1/8 tsp. salt, 1 Tablespoon extra virgin olive oil, and ½ tsp lime or lemon zest (optional). Toss gently and serve on a bed of lettuce.