

## PINEAPPLE AND BLACK BEAN CHICKEN DINNER

**Prep Time:** 5 minutes

**Cook Time:** 2 minutes

**Included in Box:**

- 2 (5 oz) canned chicken, drained
- 2 c. brown rice, cooked
- 1 (15 oz) can no salt black beans, drained and rinsed
- 1 c. canned pineapple, save ½ c. of juice

**Additional Ingredients Needed:**

- 1 small onion (~½ c.)
- 1 T ground ginger
- ½ tsp chili powder

**Directions:**

1. Combine cooked brown rice, canned chicken, black beans, canned pineapple and ½ c. juice, onion and seasonings in microwave safe bowl.
2. Microwave on high for 1 minute. Remove and stir. Place in microwave for additional 30-60 seconds, or until desired temperature is reached.



**Nutrition Facts\***

**Total Servings:** 4  
**Serving Size:** 1 c.  
**Calories:** 335 kcal  
**Fat:** 3 g  
**Sodium:** 497 mg  
**Carbohydrates:** 56 g  
**Fiber:** 10 g  
**Protein:** 25 g  
**Carbohydrate Servings:** 3 ½

*\*Nutrient facts include premium canned chicken chunks in water (drained), medium grain brown rice (cooked), 50% less sodium black beans, canned pineapple chunks in light syrup, canned pineapple juice, and spices.*