



**NEW EPISODES
MONDAYS
AT NOON EST**

"High Fiber Meals" Chicken and Black Bean Sauté

**2 tsp unsalted butter
2/3 cup finely chopped onion
1 lb boneless chicken breast, cut into 1 inch pieces
2 lbs black beans, drained
3/4 tsp turmeric
1/4 tsp cayenne pepper
1/4 tsp pepper
4 scallions sliced
2 cups plain low fat yogurt
4 white pitas, opened at one side and slightly toasted**

Melt butter in heavy nonstick skillet over med high heat. Sauté onion 5-7 minutes or until golden. Add chicken and sauté 3-4 minutes until lightly browned. Stir in black beans, turmeric, cayenne and pepper, and sauté 3-4 minutes. Reduce heat to medium low. Stir in half the scallions. Sauté 2-3 minutes, stirring constantly until scallions are softened. Remove from heat and stuff into pita breads. Sprinkle with remaining scallions and a dollop of yogurt.

This dish contains 620 calories per serving and 53 grams of protein.