

## Dinner in Under 20 Minutes: Two Easy & Healthy Recipes

### Barbecued Chicken Burritos



#### INGREDIENTS

- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)
- 1/2 cup prepared barbecue sauce
- 1 cup canned black beans, rinsed
- 1/2 cup frozen corn, thawed, or canned corn, drained
- 1/4 cup reduced-fat sour cream
- 4 leaves romaine lettuce
- 4 10-inch whole-wheat tortillas
- 2 limes, cut in wedges

#### DIRECTIONS

- Place a large nonstick skillet over medium-high heat. Add chicken, barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes.
- Assemble the wraps by placing a lettuce leaf in the center of each tortilla and topping with one-fourth of the chicken mixture; roll as you would a burrito. Slice in half diagonally and serve warm, with lime wedges.

#### NUTRITION

**Per serving:** 404 calories; 8 g fat ( 2 g sat , 1 g mono ); 80 mg cholesterol; 48 g carbohydrates; 32 g protein; 6 g fiber; 600 mg sodium; 531 mg potassium.

**Nutrition Bonus:** Fiber (24% daily value), Iron (20% dv).

### Black Bean-Garlic Catfish



#### INGREDIENTS

- 1/4 cup all-purpose flour
- 1 pound catfish fillets, cut into 4 portions
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 tablespoon plus 1 teaspoon canola oil, divided
- 1 tablespoon black bean-garlic sauce (see Note)
- 1 tablespoon finely chopped scallion
- 1 tablespoon each of rice vinegar and water
- 1/8 teaspoon crushed red pepper

#### DIRECTIONS

- Place flour in a shallow dish. Sprinkle catfish with garlic powder and salt. Dredge the catfish in the flour, shaking off the excess (discard the remaining flour).
- Heat 1 TB oil in a large nonstick skillet over medium heat. Add fish and cook, turning once, until golden brown and just cooked through, about 5 minutes per side.
- Meanwhile, combine the remaining 1 tsp oil, black bean-garlic sauce, 1 tablespoon scallion, vinegar, water and crushed red pepper in a small bowl.
- Serve the fish with the sauce and garnish with more scallion, if desired.

#### NUTRITION

**Per serving:** 218 calories; 14 g fat ( 2 g sat , 7 g mono ); 53 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 18 g protein; 0 g fiber; 523 mg sodium; 353 mg potassium.

#### TIPS & NOTES

**Ingredient Note:** Black bean-garlic sauce, a savory, salty sauce used in Chinese cooking, is made from fermented black soybeans, garlic and rice wine. Find it in the Asian-foods section of most supermarkets or at Asian markets. Refrigerate for up to 1 year.