



the fit gourmet

Add a little spice to your life with...

# Cuban-Style Chicken

topped with  
Fresh Pineapple and Black Beans

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The Fit Gourmet©

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## Ingredients:

1 cup fresh pineapple, cut into small cubes\*  
½ cup red bell pepper, diced  
1 chili pepper, diced  
3 Tablespoons rice wine vinegar  
2 Tablespoons orange marmalade  
Few dashes hot sauce  
1 (15 oz.) can black beans, rinsed and drained  
½ teaspoon cayenne pepper, divided  
Cooking spray  
4 (6-oz.) chicken breasts halves, boneless & skinless  
½ teaspoon paprika  
¼ teaspoon salt  
1 cup low-sodium chicken broth  
¼ cup fresh cilantro, chopped

## Directions:

**1** In a medium saucepan combine pineapple, peppers, vinegar, marmalade, hot sauce, black beans and cayenne pepper. Bring pineapple-bean mixture to a slow simmer over a medium heat; cook until heated thoroughly; approximately 2 minutes. Keep mixture warm on low heat until needed.

**2** Next, heat a large skillet coated with cooking spray over medium heat. Combine paprika, salt and remaining pepper, and rub evenly over chicken. Add chicken to skillet and cook 4-5 minutes on each side or until done. Add chicken broth, cover and simmer for an additional 4-5 minutes.

**3** Serve chicken over rice topped with pineapple-black bean mixture and sprinkled with fresh cilantro! Great with tortillas!

## \*TIME SAVER:

To save time you may substitute canned pineapple tidbits, rinsed and drained. Also dried cilantro may be substituted instead of fresh but for the authentic Cuban-style taste be sure to go for the real deal!



## CHILI PEPPER FACTS:

Did you know that peppers contain more vitamin C than citrus fruit?

The fact is that green peppers contain **twice as much vitamin C** than an orange. Red peppers actually contain three times as much vitamin C and hot peppers, especially the red ones, are even higher! In addition, they are loaded with beta-carotene.

The benefits of including peppers in your diet are many. Peppers are known for their powerful antioxidant properties, promoting cardiovascular health and improving gastrointestinal function such as **relieving stomach aches, cramping and gas**. The potent hot pepper has been used in medicine for centuries and it's still traditionally used in herbal medicine as a circulatory tonic, believed to **improve circulation**.

For those of you that suffer from sinus infections, hot peppers are also known for their clot dissolving effects in the blood, opening sinuses and air passages acting as a **decongestant**. Not to mention they have a positive effect on **lowering blood cholesterol**.

However, the most interesting study for researchers today is the **capsaicin** compound found in red peppers, which is what gives chillies their hotness. Some scientists theorize that in response to the discomfort produced by the chillies'

"burn," the **brain releases endorphins**, substances that at high levels can create a sensation of pleasure. So, next time you are feeling down in the dumps and are in need for a mood booster try going for the hottest peppers you can handle!

\*All statements are based on a gathering of information.



## MORE HEALTHY POULTRY RECIPES

by bodybuilding pro, Craig Yarnell

### TURKEY/CHICKEN SALAD

#### Ingredients

1 c mixed greens  
2 tbl Fat-free/carb free dressing  
1 tsp flaxseed oil/olive oil  
veggies consisting of cucumbers, peppers, onions, tomatoes, and carrots (small sizes of each portion)  
1 whole apple  
5 oz. deli turkey/chicken breast/turkey breast

#### Directions

Mix all of your ingredients in a bowl or large Tupperware container, and try to add the apple to the salad. It really gives the salad flavor and substance.

-Deli turkey salad cal= 300 (28g protein, 32g carbs, 7g fat)

-Turkey breast salad cal= 305 (35g protein, 30g carbs, 5g fat)

-Chicken breasts salad cal= 345 (35g protein, 30g carbs, 10g fat)

### GROUND TURKEY TACO MEAT

#### Ingredients

1 packet of ground turkey breast (app 1.3 lbs)  
1 packet of low sodium taco mix Old El Paso  
Cook and brown if it were beef but you need to whiten it. Then strain the meat into colander to get rid of the fat. Put back into the pan and then add water and mix and let simmer.

#### To Make a Taco

4 oz. ground turkey breast  
½ c Old El Paso Refried beans Fat free  
1 tsp of olive oil/ flaxseed oil  
2 tbl brown rice  
1 oz. non fat Kraft Cheddar cheese  
1 oz baked Tostitos/ Guiltless Gourmet baked blue chips  
cal- 444 (46g protein, 50 g carbs, 6g fat)  
cal( no rice)- 415 (46g protein, 44 g carbs, 6g fat)  
use ground top Round Ground cal- 435 (42g protein, 44 carbs, 10g fat)