

Chipotle Chicken



Ingredients

8 pieces of thighs
4 chipotle peppers in adobo sauce
Garlic parsley powder
Lemon juice
1/2 thinly sliced onions
Salt & pepper



Sides

BEANS

16 oz black beans
1 whole head of garlic
½ cup chopped onion
1 chopped tomato
½ chopped jalapeno
3-4 sprigs cilantro
Salt

CILANTRO LIME RICE

1 cup rice
¼ cup lime juice
2 sprigs cilantro

Instructions

Marinate chicken in lemon juice, garlic powder, onions, salt/pepper; refrigerate for 1 hour.

Smash chipotle peppers till a paste.
Rub paste on top of chicken.

In baking dish, bake chicken for 30 minutes at 325 degrees. Serve with black beans and cilantro lime rice.

BLACK BEANS

Soak black beans for 30 minutes.
Boil water with a whole head garlic.
Add 16 oz beans to boiling water.
Cook for 1½ hours continuing a boil.
As beans become soft, add 1/2 chopped onion, 1 chopped tomato, 1/2 chopped jalapeno and 3-4 sprigs of cilantro. Add salt when beans are tender.

CILANTRO LIME RICE

Bring 3 cups of water to boil
Add 1 cup rice, ¼ cup lime juice, 2 sprigs cilantro and bring to a boil for about 1 min; add lid and let simmer for 17 minutes.

Christina Olmos, Food Services Manager