

Baja Chicken Stuffed Peppers

2 organic chicken breasts – lightly sprinkle with salt, pepper, cumin	2 diced garlic cloves
3 green or red bell peppers sliced in half and cleaned	1-15oz. can tomato sauce
1 cup cooked black beans	¼ tsp pepper
1/3 cup shredded cheddar cheese + extra for topping	¼ tsp sea salt
1/4 cup diced onion	1 tsp cilantro
1/4 cup roasted red peppers	1/8 tsp red pepper flakes
1 TB extra virgin olive oil	¾ tsp cumin
	1/4 of lime
	6 slices avocado
	2 tsp sour cream

Preheat oven to 350°

1. Broil or grill spiced chicken breasts, then shred and set aside.
2. In skillet: sauté olive oil, garlic, onion, roasted red peppers
3. Mix in the skillet: tomato sauce, salt, pepper, cilantro, red pepper flakes, cumin, black beans, shredded chicken, squeeze in lime – let simmer 20 minutes
4. While sauce simmers, place halved peppers in casserole dish, add a little water for steaming, cover in foil – place in oven approximately 20 minutes. enough to soften
5. Add 1/3 cup cheddar cheese to the skillet. Mix and fill peppers; top with remaining cheese.
6. Cover with foil and bake for 25-30 minutes.
7. Remove from oven, top with avocado and a dollop of sour cream. Serves 6.

Note: I prefer using organic ingredients. If you don't like peppers, place the mixture on a portabella mushroom, or place on top of spinach.

The chicken mixture can be frozen for future use.



Did you know that the power of...?

Chicken is a good source of protein, vitamins A, B, and D that helps in calcium absorption and bone strength. Minerals such as iron, potassium and sodium. Chicken helps to control blood pressure and cholesterol and metabolic issues.^{xix}

Peppers are excellent sources of vitamins A and C, potassium, folic acid and fiber. Red peppers offer the most nutrients with 1 1/2 times more vitamin C.^{xx}

Onions are helpful for the bronchial airways (cold, asthma, bacterial infections, respiratory, cough). Who knew onions repel bloodthirsty insects! Onions help with good oral health, is as a natural anticoagulant (blood thinner), contains chromium which helps the body manage blood sugar levels.^{xxi}

Black beans can aid in preventing cardiovascular disease and reduce the risk of certain cancers. Black beans aid in regulating blood sugar levels and digestive health. High in fiber and protein, these beans are chalk full of vitamins and minerals, as in vitamin A, calcium, iron and manganese.^{xxii}

Cumin, such an underused spice, it helps digestion, respiratory issues, asthma, bronchitis, common cold and improve immunity. Due to its fiber content, cumin can help with constipation. Due to its high iron, can help with anemia.^{xxiii} And, it tastes good!

Avocado, with its heart-healthy fat, it also can reduce the risk of cancer, liver damage and vitamin K deficiency-related bleeding. Keeps our eyes health and protects our skin from signs of aging and harmful UV rays. Avocado has antioxidant properties and helps maintain blood sugar levels while boosting cognitive abilities and building stronger bones.^{xxiv}

Garlic, rich in allicin prevents bad cholesterol from oxidizing. It helps fight heart ailments, colds, cough and lowers blood pressure. Garlic has antiviral, antifungal and antibiotic properties; it can clear up most intestinal problems. Rich in selenium, quercetin and vitamin C all help treat eye infections and swelling.^{xxv}

Cilantro (coriander) is high in iron helping people who suffer from anemia, has anti-allergic (antihistamine) properties helping to reduce seasonal allergies and hay fever. Cilantro/coriander protects your body from illnesses relating to salmonella-based illness. As a rich source of calcium, it helps to keep bones healthy and strong.^{xxvi}

References

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^{xxi} "13 Impressive Benefits of Onions", Organic Facts, accessed March 10, 2017,

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^{xxii} "7 Unknown Benefits of Black Beans", Organic Facts, accessed March 10, 2017,

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^{xxiii} "13 Surprising Benefits of Cumin", Organic Facts, accessed March 10, 2017,

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^{xxv} "13 Interesting Benefits of Garlic", Organic Facts, accessed March 16, 2017,

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