

Low-Point Chicken Patty with Black Beans

Ingredients:

- 1, Boca Original Chik'n Meatless Patty (in your grocery store's freezer section)
- 1 can of Rotel (diced tomatoes with green chiles)
- 1 can of black beans, drained and rinsed
- Pinch of reduced-fat or fat-free mozzarella cheese (it doesn't even have to be low-fat if you're truly doing just a pinch!)
- Pam cooking spray with olive oil

Spray skillet with Pam cooking spray. Place chicken patty in skillet and cook on both sides for approximately 10 to 12 minutes total. Open can of Rotel and black beans. After you rinse the beans, mix the two together and heat up the mixture. Remove chicken patty and spoon black-bean mixture on top. Add a pinch of shredded cheese. Grill, saute', or heat some of your favorite fresh vegetables for your side dish. Supper's ready!

Total servings = 1 (add more chicken patties to skillet if desired)

Serving size = 1

Points per serving = 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)