

Mango and Black Rice Chicken Salad

Serves 4 / Lean proteins, including skinless chicken, are low in artery-clogging saturated fat. Paired with whole grains for antioxidants and fiber, pine nuts for monounsaturated fats, and beta-carotene-packed mangoes, and you have a nutrient-rich lunch or supper. Ingredient tip: Look for black rice, also called forbidden or Chinese black rice, in well-stocked bulk sections, or packaged.

1 cup black rice, black and mahogany rice blend (such as Lundberg Japonica), or brown rice blend

1 3/4 cup water

3/4 cup mango nectar, divided

8 ounces cooked chicken breast, chopped (leftover or skinless rotisserie chicken is fine)

3/8 teaspoon freshly ground black pepper

2 cups diced ripe mango

1/2 cup thinly sliced green onion

1/4 cup finely chopped parsley

2 tablespoons finely chopped cilantro

2 tablespoons finely chopped mint

2 tablespoons extra-virgin olive oil

1/2 teaspoon sea salt

1/4 cup toasted pine nuts

1. Combine rice, water, and 1/4 cup mango nectar in a saucepan; bring to a boil. Cover and simmer for 30–45 minutes, or until tender. Drain, if needed, and cool.

2. Place chicken in large serving bowl. Add remaining 1/2 cup mango nectar and 1/8 teaspoon pepper and toss to mix. Let stand 5 minutes. Stir in diced mango and next five ingredients (green onion through oil) and toss gently to mix. Add salt, remaining 1/4 teaspoon pepper, and pine nuts and toss. Stir in 2 cups cooled rice (reserve remainder for another use). Divide mixture among four plates and serve. *Courtesy of Dr. Catherine A. Hebert*

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