Costa Rican Black Beans and Rice (Gallo Pinto)*

This Costa Rican favorite called Gallo Pinto (which translates as “painted rooster”) is served with nearly every meal. It’s great comfort food for any season and the curry and lime give it a Caribbean flair. For even more Caribbean flavor, cook the rice in half water and half coconut milk. Serve it with warm tortillas and fresh pineapple (another Costa Rican specialty).

1 Cook the rice with 2 cups of water according to the package directions. (The rice can be made up to a day in advance.)

2 In a large skillet, heat the oil over medium heat and sauté the pepper, onion, and garlic for about 5 minutes until they are fragrant and slightly tender. While they are cooking, stir in the cumin and curry powder. Add the beans and their liquid, the Worcestershire sauce, and salsa (optional) and bring it to a boil.

3 Let the mixture simmer for 5 minutes. Stir in the cooked rice and continue to cook it for about 3 more minutes until it is heated through. Stir in the cilantro, if desired, and serve it with the lime wedges. Serve it immediately or refrigerate it for up to 3 days.

EXCHANGES/CHOICES
2 1/2 Starch
1 Fat

Calories 250
Calories from Fat 45
Total Fat 5.0 g
Saturated Fat 0.8 g
Trans Fat 0.0 g
Cholesterol 0 mg
Sodium 330 mg
Total Carbohydrate 43 g
Dietary Fiber 6 g
Sugars 2 g
Protein 7 g

*Recipe courtesy of Aviva Goldfarb

SERVES 6  SERVING SIZE 1 cup  PREPARATION TIME 20 minutes  COOK TIME 13 minutes