**Chicken & Black Bean Sauté with Rice Fritters**

Adapted by Chef Jen

**Ingredients:**
- 1 bag instant brown rice
- 1 cup corn kernels (if frozen, thaw; If canned, drain and rinse)
- ½ cup water
- 1 tsp thyme (fresh or 1/2 tsp dried)
- ½ tsp cumin
- 1- 1 ¼ cup of breadcrumbs
- 2 large eggs
- salt and pepper to taste

**Preparation:**
1. Prepare brown rice per manufacturer’s instructions.
2. Mix all together with only 1 cup of breadcrumbs, set aside to soak up liquid. (~ 15 minutes) If still watery, add ¼ cup more breadcrumbs and let sit for 15 more minutes)
3. Heat 2 tbsp canola oil in skillet or turn on air fryer to 400°. Press 1/3 cup mixture into measuring cup and add to skillet. Pan fry until well browned on both sides, ~ 5-7 minutes each side.
   
   **For air fryer:** Use the provided Air Fryer parchment paper. (if not available, grease pan well) Bake for 10 min on 400°F then flip and bake for 5 more minutes.
4. Top with dollop of non-fat plain Greek yogurt or light sour cream. Serve along side chicken and bean mixture.

**Chicken and Bean mixture:**
- 2 cups diced, cooked chicken
- 1 can of black beans drained, rinsed
- 1 cup salsa

**Preparation:**
1. Add all 3 ingredients into in small sauce pan on medium heat. Heat to temperature of 165°F

**Chef’s notes:** Best to prepare the fritter mixture ahead of time to allow liquid to soak.