



Swimsuit-Ready in 20 Days: Dinner Recipes

Chicken Ropa Vieja

7-½ ounces skinless, boneless chicken breast

12 ounces tomato sauce

1 red bell pepper, seeded and thinly sliced

2-½ cup canned corn, drained

2 tablespoons cilantro leaves

1-teaspoon ground cumin

1-teaspoon sugar substitute

1 bay leaf

Salt and cracked black pepper to taste

1. In a saucepan, bring salted water to a boil. Add the chicken and cook over medium heat for 10 to 15 minutes. Drain the cooked chicken and cool. Shred the chicken.

2. In a saucepan, combine the tomato sauce, bell pepper slices, cumin, sugar substitute, bay leaf, salt, and cracked black pepper. Add the shredded chicken and cook for 5 minutes. Microwave the corn for 2 minutes. Season with salt and cracked black pepper. Discard bay leaf.

To Serve: Spoon the chicken mixture into bowls and top with corn. Garnish with fresh cilantro.

Servings: 2