

Hearty White Chicken Chili (makes 8 servings)

2 cup Chicken Breast, cooked
1 can Great Northern Beans, canned, 15-16 oz
2 cup Chicken Broth, lower sodium type
1 cup Green Chili Salsa, mild
1/4 cup Fresh Cilantro
1 Fresh Tomato, large
1/3 cup Fresh Green Onion
1 Fresh Jalapeno Pepper (to taste)
1/4 tsp Fresh Lemon Peel
2 Tbs Fresh Lime Juice
1/2 cup Sour Cream, reduced-fat type

Cut cooked chicken into small, bite-size pieces. Drain beans of liquid in can and rinse in cool water. Wash all vegetables and chop coarsely. Wash and chop cilantro; grate lemon peel. Combine all ingredients, except chicken and reduced fat sour cream, in a cooking pot. Bring to a boil. Then, cover with a lid, reduce heat and simmer about 45 - 60 minutes. Add chicken and heat to serving temperature. Serve chili topped with a dollop of reduced fat sour cream.

Nutritional information per serving (about 1 cup of chili): 230 calories, 22 gm protein, 28 gm carbohydrates, 4 gm fat, 1-1/2 gm sat fat, 35 mg cholesterol, 500 mg sodium, 8 gm fiber