



## White Chicken Chili with Rice ~ choose one side item to complete your meal

### White Chicken Chili

8 servings

	Cooking oil spray		
1 ¼ lb	Chicken breast, cut into bite-size pieces	1/3 cup	Green onions, chopped
1, 15-16 oz can	Great Northern beans, drained and rinsed	1	Jalapeno pepper (to taste), chopped
2 cups	Chicken broth, low sodium	¼ tsp	Lemon peel, grated
1 cup	Green chili salsa, mild	2 Tbsp	Lime juice
1	Tomato, large	½ cup	Sour cream, reduced-fat
		¼ cup	Cilantro, chopped

Note: 2 cups cooked, bite-size chicken breast may be used in place of raw chicken

Spray large skillet lightly with cooking oil spray. Stir-fry chicken over medium heat, about 6-8 minutes. Remove from pan to a plate. Cover and store in refrigerator. Combine all ingredients, except chicken, sour cream and cilantro. Bring to a boil in same pan. Cover and reduce heat and simmer about 45 - 60 minutes. Add cooked chicken and heat. Top chili with sour cream and cilantro.



### Recipe Nutrition per serving (one cup chili)

230 calories; 22 gm protein; 28 gm carbohydrate; 4 gm total fat; 2 gm saturated fat; 35 mg cholesterol; 8 gm fiber; 500 mg sodium

**To Make Rice:** Cook the rice (brown or white) according to package directions. Serve under chili for a filling meal.

### Side Items:

#### 1. Steamed Fresh Cabbage (red or green) – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

#### 2. Onion Flavored Green Beans or Broccoli – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

#### 3. Orangety Carrots – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 tsp orange zest and stir.