



## **One Pot! White Chicken Chili & Crusty Bread** ~ choose one side item to complete your meal

### **White Chicken Chili**

8 servings

1 Spray	Cooking oil spray
1-1/4 lb	Chicken breast, cut into bite-size pieces
1 can, 15-16 oz	Great Northern beans, drained
2 cups	Chicken broth, lower sodium type
1 cup	Green chili salsa, mild
1 cup	Grape tomatoes, cut in half
1/3 cup	Sweet onion, chopped
1	Jalapeno pepper (to taste)
1/4 tsp	Lemon peel, grated
2 Tbsp	Lime juice
1/2 cup	Sour cream, reduced-fat type
1/4 cup	Cilantro, chopped



Get out a large skillet and spray lightly with cooking oil spray. Gently stir-fry chicken over medium heat, about 6-8 minutes. Remove from pan to a plate. Cover and store in refrigerator. Rinse beans under cool water using a colander. Wash vegetables and chop coarsely. Combine all ingredients in the same skillet, except chicken, sour cream and cilantro. Bring to a boil. Then cover with a lid, reduce heat and simmer about 45 - 60 minutes. Add cooked chicken and heat to serving temperature. Top the chili with reduced-fat sour cream and cilantro.

Boneless, skinless chicken breast on sale  
Fresh grape tomatoes on sale  
Fresh sweet onions on sale

Fresh limes on sale  
Fresh bakery baguette on sale

### **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 Crusty Bread:** Heat white baguette or other crusty bakery bread in the oven or toaster oven, unwrapped, for about 5 minutes at 400 degrees.

### **Side Items:**

**1. Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli

To Make: Get out a cutting board and knife and chop up 1/2 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.

**Note: For a change of flavor, replace onions with the juice of a fresh lemon or lime.**

**2. Lightly Sautéed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard.

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan 2-6 minutes longer. When greens wilt, test for tenderness. The heavier greens take longer to become tender. Dust with salt & pepper to taste.

**3. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.