

White Chicken Chili

Fast, flavorful and filled with fiber! Traditional chili takes a twist with ground chicken, white beans and green chilies. From www.eatbetteramerica.com

Prep Time:35 min

Start to Finish:35 min

makes:6 servings (1 1/3 cups each)

- 1 lb ground chicken
- 1 medium onion, chopped (1/2 cup)
- 2 teaspoons finely chopped garlic
- 3 cups Progresso® reduced-sodium chicken broth (from 32-oz carton)
- 1 1/2 teaspoons dried oregano leaves
- 1 teaspoon ground cumin
- 1/8 to 1/4 teaspoon ground red pepper (cayenne)
- 2 medium zucchini, chopped (about 3 cups)
- 2 cans (15 oz each) Progresso® cannellini beans or 2 cans (15 to 16 oz each) great northern beans, drained, rinsed
- 1 can (4.5 oz) chopped green chiles
- 1/2 cup shredded reduced-fat Monterey Jack cheese

1. In 4- or 5-quart saucepan or Dutch oven, cook ground chicken, onion and garlic over medium heat 5 to 7 minutes, stirring constantly, until chicken is no longer pink.
2. Stir in all remaining ingredients, except cheese. Heat to boiling. Reduce heat; cover and simmer 10 minutes, stirring occasionally, until zucchini is tender.
3. Remove from heat; stir in cheese until melted.
4. Serve with a dollop of low fat sour cream or plain yogurt with cilantro.

Nutritional Information

1 Serving: Calories 330 (Calories from Fat 50); Total Fat 5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 55mg; Sodium 730mg; Total Carbohydrate 37g (Dietary Fiber 9g, Sugars 3g); Protein 34g **Percent Daily Value***: Vitamin A 10%; Vitamin C 15%; Calcium 20%; Iron 35% **Exchanges:** 2 Starch; 0 Other Carbohydrate; 1 Vegetable; 3 1/2 Very Lean Meat; 1/2 Fat **Carbohydrate Choices:** 2 1/2

*Percent Daily Values are based on a 2,000 calorie diet.