White Chili

Ingredients
1/2 pound skinless, boneless chicken breasts
1 medium onion, chopped
2 teaspoons chopped garlic
2 cans (15 ounces each) kidney beans, rinsed & drained
1/2 cup water
1 tablespoon dried cilantro
1 can (16 ounces each) diced tomatoes (reduced sodium if available), not drained
1 can (4 ounces) diced green chilies
2 teaspoons chili powder
1/2 teaspoon cumin

Directions
1. Cut chicken in bite-size pieces.
3. Brown chicken in pan until cooked thoroughly. Add onion and then garlic.
4. Add remaining ingredients. Cover and simmer for 30 minutes or until chicken is tender.

Makes 6 servings

Nutrition information per serving (1 1/2 cups):
Calories 296, Fat 3g, Carbohydrate 42g, Protein 26g, Cholesterol 35mg, Sodium 80mg, Fiber 12g