

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.
2. Heat a saucepan to medium-high. Spray with non-stick cooking spray.
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 12 g*