

White Bean and Chicken Chili

Serves 8. Total time 40 minutes. Can be made ahead. Freezable.

White Bean and Chicken Chili

$\frac{1}{2}$ T. olive oil, divided	5 cups of reduced-sodium chicken broth
1 onion, chopped	2 cups cooked cannellini or navy beans
1 pound boneless, skinless chicken breast, cut into $\frac{1}{2}$ " pieces	2 cups frozen corn, thawed
$\frac{1}{8}$ tsp. salt	1 (4.5 oz.) can of green chilies
Freshly ground black pepper to taste	$\frac{1}{2}$ tsp. cumin
8 carrots, peeled, and chopped	$\frac{1}{2}$ tsp. chili powder
4 celery stalks, chopped	1 lime, cut into 8 wedges

Warm oil in a Dutch oven over medium-high heat. Add the onions and chicken; season with salt and pepper. Sauté for 5 minutes, stirring occasionally. Add carrots and celery; sauté 5 minutes, stirring occasionally. Add chicken broth, beans, corn, green chilies, cumin, and chili powder. Bring to a boil, lower to medium heat, and simmer 15 minutes until chicken is cooked through and vegetables are tender. Ladle soup into bowls and serve with a lime wedge.

Nutrition Information (per 1/8 recipe): 240 cal, 24 g protein, 4 g fat, <1 g sat. fat, 0 g trans fat, 29 g carb, 8 g fiber, 48 mg chol, 528 mg sodium. **1 serving equals:** 2 vegetable, 1 protein

Country Corn Bread Muffins

1- $\frac{1}{2}$ cup whole grain cornmeal	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup whole wheat flour	1 egg, lightly beaten
$\frac{1}{4}$ cup sugar	1 cup (8 oz.) plain nonfat yogurt
$\frac{1}{2}$ tsp. baking soda	$\frac{1}{4}$ cup canola oil

Preheat oven to 375° F. In a large bowl, combine cornmeal, flour, sugar, baking soda, and salt. In a small bowl, combine egg, yogurt, and canola oil. Add yogurt mixture to cornmeal mixture, stir to combine (batter will be thick). Pour into a mini-muffin tin coated with nonstick cooking spray. Bake 10-15 minutes until golden brown and cooked through. Yields 24 mini-muffins.

Nutrition Information (per 1/8 recipe, 3 mini-muffins): 201 cal, 5 g protein, 8 g fat, <1 g sat. fat, 0 g trans fat, 30 g carb, 8 g sugar, 3 g fiber, 27 mg chol, 250 mg sodium. **1 serving equals:** 1 whole grain, 1.5 fat, 0.5 sweet
(Prepared with Splenda®, 3 mini-muffins: 179 cal, 24 g carb, 2 g sugar)

Citrus Fruit Salad

2 navel oranges	3 red grapefruit
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Peel and section the oranges and grapefruits (see tip on back page). Combine and serve.

Nutrition Information (per 1/8 recipe): 56 cal, 0 g fat, 0 g chol, 14 g carb, 2 g fiber, 1 g protein
1 serving equals: 1 fruit

Total Meal Nutrition Information (per 1/8 recipes): 497 cal, 30 g protein, 12 g fat, 2 g sat. fat, 0 g trans fat, 73 g carb, 13 g fiber, 75 mg chol, 778 mg sodium **1 serving equals:** 2 vegetable, 1 fruit, 1 whole grain, 1 protein, 1 fat, 0.5 sweet

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Shopping List

Produce Section

- 8 carrots, peeled, and chopped
- 4 celery stalks, chopped
- 1 onion, chopped
- 3 red grapefruit (see tip #1)
- 2 navel oranges (see tip #1)
- 1 lime

Dry Goods Section

- 5 cups of reduced-sodium chicken broth
- 1 pkg. dried cannellini or navy beans OR
1 (15oz.) can cannellini or navy beans (see tip #2)
- 1 (4.5 oz.) can of green chilies (see tip #3)
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{2}$ T. olive oil, divided
- $\frac{1}{2}$ tsp. cumin
- $\frac{1}{2}$ tsp. chili powder
- $\frac{1}{2}$ cup whole grain cornmeal (see tip #4)
- $\frac{1}{2}$ cup whole wheat flour
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ tsp. baking soda

Meat/ Dairy Section

- 1 pound boneless, skinless chicken breast
- 8 oz. plain nonfat yogurt
- 1 egg, lightly beaten

Frozen Foods Section

- 2 cups frozen corn

Smart Shopper Tip #1:

If desired, you may remove the white pith of the citrus fruits, which can be slightly bitter. To section a citrus fruit and remove the pith, slice off the top and bottom of the fruit. Stand it upright on a cutting board and slice off the peel, pith, and membrane following the contour of the fruit. Hold the fruit over a bowl and cut along each side of the membrane with a sharp paring knife, letting each freed section fall into the bowl.

Smart Shopper Tip #2:

Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.

Smart Shopper Tip #3:

Look for canned green chilies with other Mexican foods, such as taco shells, salsa, and refried beans, in your local supermarket. They add a mildly spicy flavor to this chili.

If you can't find them, substitute one jalapeño pepper, finely chopped.

Smart Shopper Tip #4:

Arrowhead Mills, Bob's Red Mill, Hodgson Mills, and King Arthur all make whole-grain cornmeal that is available in many supermarkets. If your supermarket doesn't carry it, ask them to stock it. Remember to look for "whole grain cornmeal" on the ingredient list.