

White Chicken Chili



Ingredients

- 2 teaspoons of olive oil
- 1 lb. skinless, boneless chicken breast, diced
- 1 large onion, chopped
- 2 4-oz. cans of diced tomatoes with chilies
- 1 teaspoon of dried oregano
- 1 teaspoon of ground cumin
- 1/4 teaspoon of cayenne pepper
- 2 (15 oz.) cans of great northern beans, rinsed and drained
- 3 cups of reduced sodium chicken broth
- 1/3 cup of reduced fat Mexican cheese
- 1 small avocado

Directions

1. In a large saucepan, heat oil over medium heat
2. Add diced chicken and chopped onion and sauté for about 7-8 minutes or until chicken is no longer pink
3. Stir in diced tomatoes with chilies, oregano, cumin and cayenne pepper and stir occasionally for 5 minutes
4. Heat to boiling and add beans and broth; reduce heat to a simmer and cover for 10-15 minutes while stirring occasionally.
5. Remove from heat and stir in cheese until it is melted and top each bowl with 2 thin slices of fresh avocado

Nutrition Facts

Serving Size 1-1/4 cup

Amount Per Serving

Calories 295	Calories from Fat 75
Total Fat	8.5g
Cholesterol	45mg
Sodium	650mg
Total Carbohydrate	31g
Dietary Fiber	9g
Protein	30g



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