

# White Bean Basil Chicken Chili

Chef Kathleen Showalter • Seattle, WA

Serves 6, 1½ cups per serving

## Ingredients

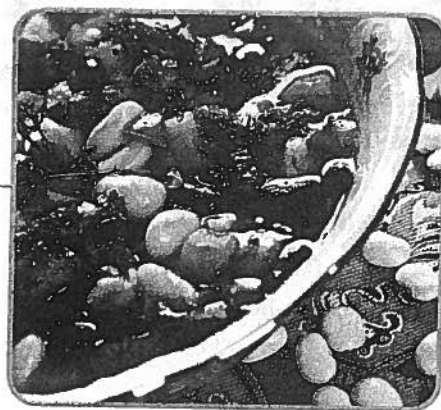
- 1 pound boneless chicken breast
- 1 medium onion
- 2 cloves garlic
- 1 medium tomato
- 1 large lime
- 1 Tablespoon fresh basil
- 2 Tablespoons canola oil
- 2 (15½ ounce) cans Great Northern beans
- 4 cups low-sodium chicken broth
- 1½ teaspoons chili powder
- 1½ teaspoons cumin
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

## Optional Ingredients

- 2 teaspoons red pepper flakes
- ¼ cup fresh cilantro leaves

## Directions

1. Remove any skin from the chicken breast. Cut chicken breast into ½-inch cubes.
2. Peel, rinse and finely chop onion. Peel and mince garlic.
3. Rinse tomato, lime, and basil.
4. Remove tomato core and seeds, then chop tomato.
5. Cut lime in half and squeeze juice of one half of the lime into a bowl. Discard any seeds.
6. Finely chop basil.
7. Drain and rinse beans, in a colander.
8. In a large saucepan or soup pot, cook onion and garlic in oil over medium heat until onion is tender, about 5 minutes. If the onion or garlic start to brown, lower the heat.
9. Add chicken, beans, broth, spices, tomato, lime juice, and basil to pot, stir, and bring to a boil.
10. Reduce heat, cover, and simmer for 1 hour, stirring occasionally.
11. Top with red pepper flakes and rinsed and chopped fresh cilantro if using.



## Chef's Notes

- Use Thai basil for an East meets Southwest flavor.
- Serve over a bed of cooked greens like spinach, kale or chard or serve over rice.
- Try substituting other canned beans — like kidney, cannellini or pinto — for the Great Northern beans.

## Nutrition Facts

Serving Size 1 1/2 cups (450g)  
Servings per Recipe 6

Amount Per Serving

Calories 230    Calories from Fat 50

% Daily Value\*

Total Fat 6g    9%

Saturated Fat 0.5g    3%

Trans Fat 0g

Cholesterol 45mg    15%

Sodium 1210mg    50%

Total Carbohydrate 25g    8%

Dietary Fiber 8g    32%

Sugars 6g

Protein 26g

Vitamin A 4%    • Vitamin C 20%

Calcium 8%    • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Fruit Yogurt Dip

Chef Alicia McCabe • Boston, MA

Serves 4, ¼ cup per serving

## Ingredients

- 1 cup nonfat plain yogurt
- 1 Tablespoon honey
- ¼ teaspoon ground cinnamon

## Directions

1. Combine all ingredients in a medium bowl.
2. Mix well.

## Chef's Notes

- Try adding 1 teaspoon lime zest instead of cinnamon for a tangy treat.
- Remember that infants cannot have honey. You can use 1 Tablespoon of sugar instead of honey in this recipe.
- If you use vanilla yogurt, do not add honey or sugar to the recipe.
- Serve as a dip with your favorite, cut-up fruits such as apples, kiwis, bananas, grapes, strawberries.

## Nutrition Facts

Serving Size ¼ cup (62g)  
Servings per Recipe 4

Amount Per Serving

Calories 50      Calories from Fat 5

% Daily Value\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 5mg      2%

Sodium 30mg      1%

Total Carbohydrate 8g      3%

Dietary Fiber 0g      0%

Sugars 6g

Protein 3g

Vitamin A 0%      • Vitamin C 0%

Calcium 8%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

