

Recipe Of The Month



Apple Corn Chili

Prep time: 45 minutes

Makes: 4 Servings

This quick-fixing chili, with a base of sautéed, pureed red apples and yellow corn, is so thick and flavorful that you'd never know it is low in fat and sodium. We feature it with chicken, but it can be made vegetarian by omitting the chicken and bouillon and substituting water or vegetable stock.

Ingredients

- 2 tablespoons** olive oil (divided)
- 8 ounces** boneless, skinless chicken breast (cut to 1/2" cubes)
- 1** medium onion (chopped)
- 2** cloves garlic (minced)
- 1** 15.2 oz can yellow corn (no-salt-added, drained)
- 2** red apples, such as Braeburn, Empire, or Fuji (chopped, skin on)
- 1/2 tablespoon** ground cumin
- 1/8 teaspoon** cayenne pepper (if desired)
- 15 ounces** can black beans (no-salt-added, drained and rinsed)
- 4 1/2 ounces** can diced green chiles (drained)
- 2 teaspoons** chicken bouillon (sodium-free)
- 2 cups** water

For the topping:

- 1/4 cup** sour cream (reduced-fat)
- 1/4 cup** fresh, chopped cilantro (if desired)

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Directions

1. In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.
2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
5. Add browned chicken, black bean, chiles, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 °F.
6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

Nutrition Information

Key Nutrients	Amount
Total Calories	360
Total Fat	11 g
Saturated Fat	3 g
Monounsaturated Fat	6 g
Polyunsaturated Fat	2 g
Cholesterol	35 mg
Protein	20 g
Carbohydrates	48 g
Dietary Fiber	9 g
Sodium	140 mg

