

WHITE CHICKEN CHILI

(low fat)

Stacey Pardue

2½ cups chicken broth
1 teaspoon cumin
2 teaspoon lemon pepper
4 chicken breasts, boneless,
skinless
2 teaspoons garlic, minced
1 cup onion, chopped

2 cans green chiles (4 ounce
cans)
3 tablespoons lime juice
2 cans white great northern
beans (14 ounce cans)
1 can whole kernel white corn
(15 ounce)

Boil chicken in broth, cumin and lemon pepper; cut into bite size pieces. Add garlic and onion, reduce heat to low and simmer until tender. Except for beans, add the remaining ingredients (omit liquid) and bring to a boil. Reduce heat, add beans, and simmer thoroughly. Serve over low fat crushed tortilla chips with low fat Monterey Jack cheese, low fat sour cream, and salsa on top. Makes 10 servings. 210 calories and 2 fat grams.

Casseroles

BAKED STROGANOFF

1 cup dry red wine
1 package dry onion soup mix
1 jar sliced mushrooms (16
ounce)
1 can cream of chicken soup
1 can cream of celery soup

1 can cream of mushroom soup
salt and pepper to taste
1 3 pound round steak, cubed
2 cups sour cream
1 pound package wide noodles,
cooked according to package

Mix together well; wine, soup mix, mushrooms, soups, salt and pepper and beef. Bake at 300° for 90 minutes. Add and stir in sour cream before serving over hot, cooked noodles. Wonderful with toasted French bread and a salad.