



Quick & Easy Chicken Posole

MACROS | SERVING SIZE

Protein 21g | Fat 14g* | Carbs 54g

% CALORIES OF MACROS | SERVING SIZE

Calories 471 | Protein 21% | Fat 27% | Carbs 55%

NUTRIENTS | SERVING SIZE

Fiber 6g | Sodium 530mg | Sat. Fat 5g

INGREDIENTS (SERVES 4)

- 2 tbsp. canola or olive oil
- 1 medium onion, chopped
- ¼ medium sized cabbage, chopped
- 2 dashes of salt
- 2 tsp. minced garlic (about 2 cloves)
- 32 ounces low sodium chicken broth
- 1 13-14 oz. can low sodium stewed or petite cut tomatoes
- 12 oz frozen boneless, skinless chicken, thawed and cubed
- 1 ½ tsp. chili powder
- 1 4 oz. can of green chilis
- ½ tsp cumin
- Salt and pepper to taste
- 2 cups of canned hominy (Mexican style if possible), drained and rinsed
- ¼ cup nonfat plain Greek yogurt
- 4 radishes (optional)
- Fresh cilantro (optional)
- Jalapenos (optional)
- 4 oz. tortilla chips

INSTRUCTIONS

1. In a large sauce pan heat oil over medium heat. Add the onions and sauté for about 2 minutes or when the onions begin to soften and change color. Add the salt and stir. Add the cabbage and remaining spices. Sauté for an additional 2-3 minutes. Add ¼ cup of the broth and the chicken. Cover and cook for an additional 5 minutes or until the cabbage is tender. Watch closely and add additional broth if needed to prevent burning.
2. Add the remaining canned ingredients. Cover cook for an additional 15-20 minutes. Check a piece of chicken to ensure there is no remaining pink and juice runs clear.
3. Serve by placing 1/4th in a bowl and top with a dollop of Greek yogurt, 1/4th of the tortilla chips and desired optional ingredients.

NOTES

Use this recipe as a base but vary the spices, vegetables, and protein. Left over cooked lean meats can be substituted.

This recipe freezes well so double the batch and consider freezing one whole batch for a family meal or single servings for quick office lunches.

Nutrition Analysis is based on the use of no added salt canned tomatoes and unsalted tortilla chips and excluded optional ingredients

Homemade soups using pantry staples and items from the produce drawer in your fridge are a great way to increase the daily amount of vegetables consumed. Add broth-based soups to your weekly menu and aim to have at least 3 different colors of vegetables, and a lean or plant-based protein in the recipes you create. Broth based soups tend have less calories and fat than cream based

The current graphic that is used to promote a healthy eating pattern for Americans is Myplate, which replaced the Food Pyramid. A driving reason for this change in 2010 was to have the proportion of food groups be the focus of Americans and assist with eliminating the confusion with serving sizes and number of servings of each per day. Essentially, the goal was to have American focus on what food groups and what amounts of each does their diet contain, starting with attention to meal. But, more specifically, the goal is to increase the number of fruits and vegetables consumed, while decreasing the consumption of calories.

Myplate shows a plate that is comprised of ½ fruits and vegetables. This does not mean that all meals should include a fruit. The goal truly is to have half of your daily consumption be produce and varied in colors. Use of low sodium, no added fat or sugars canned and frozen produce items are perfectly fine to use and in some cases even more nutritious than fresh. Use a combination of all three to meet your life style needs.

All meals do not be served on a plate and the food groups do not need distinct. Combination dishes such as soups, casseroles, or stir fries are all great meal choices. Frankly, they are some of the best choices to use in building a healthy meal pattern. This is because, can be economical and quick, made in bulk and frozen, use common ingredients, versatile and a great way to increase vegetable consumption. If you desire to cook more meals at home and build a healthy eating pattern with limited cooking tools, time and/or skills combination dishes will make it doable.

