

Dear Spring Fitness Captains,  
Here is this week's recipe – perfect for a rainy Wednesday dinner! BTW, you CAN walk in the rain – I just enjoyed a nice walking break outside with my umbrella and another participant.

This recipe is courtesy of Sandi B. I hope you enjoy...

### **White Chili**

1 onion finely chopped  
1 t olive oil  
4 oz can chopped green chilies  
2 t garlic powder  
2 t cumin  
2 t dried oregano  
½ t cayenne pepper  
2 15.8 can Great Northern beans undrained  
2 10.5 oz can chicken broth ( or use 3 t of Better Than Bouillon and 24 oz of water, this has less sodium and better taste).  
12 oz can white chicken breast in water *rinsed and drained ( you can also use leftover chicken or freshly cooked chicken instead of canned)*

Saute' onion in oil until tender. Add green chilies, garlic powder, cumin, oregano and cayenne pepper; stir until well blended. Add remaining ingredients; bring to a boil. Reduce heat to low. Simmer 15 to 20 minutes or until heated through.

I got 6 one cup servings. Calorie Count did the following breakdown:

#### Nutrition Facts

Amount Per Serving

Calories 183

Total Fat 2.7g

Saturated Fat 0.8g

Cholesterol 30mg

Sodium 884mg

Total Carbohydrates 21.1g

Dietary Fiber 6.1g

Protein 18.4g

The recipe also called for 2 t of salt but I didn't put that in.

TIP: Don't add salt until after everything is cooked. If you feel the dish needs it after you tasted then add half of what it calls for.

Don't be afraid to try something new you may just like it!

Enjoy the rest of your week,  
Your Spring Fitness Team: Kim, Mel, Charlotte and James

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