



## Chicken Chili

### Ingredients:

1 1/2 pounds boneless, skinless chicken breasts, cut into bite-size pieces  
1 tablespoon olive oil  
1 to 2 teaspoons chili powder  
1 jar (1 lb. 10 oz.) Ragú® Chunky Pasta Sauce\*  
1 cup frozen whole-kernel corn, thawed  
1 can (16 oz.) black beans  
1 tablespoon chopped fresh cilantro or parsley (optional)  
Shredded cheese (optional)  
Low-fat sour cream (optional)

### Directions:

1. Season chicken, if desired, with salt and ground black pepper. In 12-inch nonstick skillet, heat olive oil over medium-high heat and brown chicken with chili powder, stirring occasionally.
2. Stir in pasta sauce, corn and beans. Cook 3 minutes or until chicken is thoroughly cooked and sauce is heated through. Garnish, if desired, with chopped cilantro.
3. Serve with hot rice, corn bread or pasta. If desired, sprinkle shredded cheese over chili and add a dollop of sour cream.

\*Also terrific with Ragú® Old World Style® Pasta Sauce.



### Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to Kris Lindsey, our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).