



## Healthy Living at Hannaford



### Chicken Olé

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 8

#### Ingredients:

1 tablespoon vegetable oil

1 1/4 pounds boneless, skinless chicken breasts, cut into strips

1 can (15.25 ounces) whole-kernel corn, drained

1 jar Light Ragu® Tomato & Basil sauce

1 can (4 ounces) chopped green chilies, undrained

2 tablespoons McCormick® Chili Powder

1 teaspoon McCormick® Onion Powder

4 ounces tortilla chips

1 cup shredded Cabot® 50% Reduced Fat Cheddar Cheese

1/4 cup chopped green onions

Cabot® Light Sour Cream (optional)

#### Directions:

1. Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 5 minutes or until lightly browned.
2. Stir in corn, Ragu sauce, chilies, chili powder and onion powder. Bring to boil. Reduce heat to medium-low; cook 10 minutes, stirring occasionally.
3. To serve, spoon chicken mixture over tortilla chips. Sprinkle with cheese and green onions. Serve with sour cream, if desired.

Adapted from [mccormick.com/Recipes](http://mccormick.com/Recipes)



### Interested in learning more?

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 our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).