



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

CHUNKY CHICKEN CHILI

It can't be said enough, planning and cooking meals at home is one of the best strategies for managing weight and promoting optimal health. However, just like you can't truly work off a bad diet at the gym, eating a "good" dinner in the evening may not be enough to balance poor meal and snack choices made throughout the rest of the day. Increasing the number of meals prepared at home and keeping nutritious snacks on hand are two of the most important strategies in fueling your body with high performance, nutrient dense foods known to promote optimal physical and mental performance and your key defense against an expanding waistline.

Meal planning, building a healthy shopping cart, and dedicating some time on the weekend for food preparation are healthy habits that assist with assuring nutritious food choice are readily available to thwart off poor nutrition quality food choices. A great place to start is making single serving snack bags filled with nutritious foods like nuts, whole wheat crackers and cheese, and/or fresh fruits and vegetables that can be carried to the office during the week or be on hand for after school or evening munchies. Another strategy is to choose 2 healthy recipes that use the same kind of lean meat or poultry such as chicken stir-fry and chicken tacos. This way, the chicken can be cooked in one batch and then made into 2 meals for the week.

Aim to pack your lunch for the office for most days of the week. Try making a big batch of soup/chili and mixing up a green leafy salad with broccoli, shredded cheese and radishes. Freeze the soup/chili into single serving containers and portion out the salad, being sure to put the dressing at the bottom to prevent the salad from getting soggy. The frozen soup/chili can be used as a freezer pack. Try these strategies in the upcoming week. Plan out what you are going to eat and then make your shopping list.

This meal features heart healthy, fiber rich legumes and is loaded with vegetables. It also freezes well and is easy to double. Serve it alongside your favorite piece of fresh fruit topped with vanilla yogurt.



Directions:

- 1) Microwave, covered, 1 ½ cups of frozen lima beans with ½ cup of water for 8-10 minutes.
- 2) Cut 1 lb. of boneless, skinless chicken breast into bite sized chunks. In a very large sauce pan, heat 2 tbsp. olive oil over medium-high heat and then add chicken. Stir to brown the chicken.
- 3) After about 2 minutes, add the following to the pot: 28 - 30 oz. of stewed tomatoes, 28 - 30 oz. of kidney beans (drained and rinsed), 14 oz. of chicken broth, and 14 oz. of corn (undrained) and the microwaved lima beans.
- 4) Bring this mixture to a mild boil and add 2 tbsp. of chili powder, 2 tsp. minced garlic. Simmer for an additional 10 minutes on medium heat. Stir occasionally.
- 5) While the chili is simmering, in a medium bowl, mix 2 cups of biscuit mix with ¾ cup of skim milk.

Serves: 8

- 6) Turn the chili back up to medium-high heat. To make the dumplings, once the chili begins to boil, quickly drop the wet biscuit mixture by small spoonfuls into the boiling chili. Reduce the heat to medium and cook covered for an additional 10 minutes (or until the dumplings look fluffy and are cooked through).
- 7) Serve ¼th of the chili in a bowl alongside a piece of fresh fruit.

Notes:

This chili tastes even better the next day, so carry a serving to the office for lunch.

Freeze the remaining chili in single sized portions for a quick go-to lunch or freeze all of the remaining chili for a quick go-to meal later in the month.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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