

Quick Chili Bake

4 Servings

Estimated cost per serving \$2.15



- 2 (15-oz) boxes low-fat turkey chili with beans (like Hormel)
- 4-oz can chopped mild green chilies
- $\frac{1}{2}$ cup shredded low fat cheddar cheese
- 3 reduced-fat refrigerator biscuits (like Pillsbury Perfect Portions)

1. Preheat the oven to 350°F.
2. Combine chili and chilies into a 1-1/2 quart casserole dish.
3. Split the biscuits in half lengthwise and lay on top the chili cut side down.
4. Sprinkle shredded cheese over the top.
5. Bake for 15-20 minutes or until heated through out.

Add a glass of skim milk and some fruit for a balanced meal.

Nutrition information per serving:

320 calories, 4.5g fat, 1.5g saturated fat, 46g carbohydrates, 6g dietary fiber, 23g protein, 1630 mg sodium.

Good source of vitamin A, vitamin C, calcium, iron, and dietary fiber.

Pyramid servings: 0.5 meat, 0.5 vegetable, 0.5 milk, and 2.5 grains.

Nutrition Notes: Beans have a lot of health benefits and a serving is just $\frac{1}{2}$ cup. They are quick and easy to add to most recipes if you get a little creative. Beans are high in dietary fiber which helps reduce cholesterol and provide a "lasting" fullness. They are packed full of cancer preventing vitamins, minerals, and phytochemicals. Beans are a good source of iron and a healthy substitute for meat.

Questions or comments??? Contact MSU nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at rebecca.gruenes@mnsu.edu.