

## Quick Chili Bake

4 Servings



- 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.

**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.