



Your guide to

# Chicken

Bonus:  
Chicken  
Recipe



Chicken is one of the most popular ingredients in main dishes all over the world! It's delicious, versatile and packed full of amazing nutrition.



## Packed with protein

Just 3 ounces of chicken can have up to 30 grams of protein. Chicken contains nine important amino acids. Protein is not only essential for maintaining healthy muscles, it also helps maintain healthy immune function and metabolism.

## Nutritional powerhouse

Chicken is an excellent source of the vitamins riboflavin, thiamine, B6, B12 and D. It also has lots of calcium, iron and potassium.



## Healthiest ways to prepare chicken

There are many ways to prepare chicken. Some ways are healthier than others. Fried chicken can be high in saturated fat and salt content. You can enjoy chicken many other delicious ways that are better for your body.

- ✓ Steaming
- ✓ Grilling
- ✓ Stir fry
- ✓ Baking

Our library has many nutritious and delicious chicken recipes to choose from.

**Here's a bonus slow cooker chicken recipe to enjoy! ↴**



Dinner

## Healthy slow cooker chicken white chili

### Ingredients

3 boneless chicken breasts  
1 yellow onion, diced  
2 cloves garlic  
1 Tbsp olive oil  
1.5 cups low-sodium vegetable broth  
2 425 mL cans cannellini beans  
1 425 mL can low-sodium yellow corn  
3 de-seeded poblano peppers, diced  
1 tsp cumin  
 $\frac{1}{2}$  tsp oregano  
 $\frac{1}{4}$  tsp ancho chili powder\*  
Finely chopped cilantro  
 $\frac{1}{4}$  cup low-fat plain Greek yogurt

### Preparation

*Makes: 6 servings*

*Preparation time: 10 minutes*

*Cook time: 3-6 hours*

Turn your crockpot to medium heat and coat the bottom with the olive oil. Sauté the onion and garlic cloves in a separate pan. After about 2 minutes, add the cumin, oregano and ancho chili powder.

Saute for 2 or 3 minutes before adding everything in the pan to the crockpot.

Add the cannellini beans, 1 cup of broth, corn, peppers and chicken breasts. Stir gently, then cover the pot and cook on low for 6 hours or cook on high for 3 hours.

Use a fork to break the chicken apart. Add the yogurt and stir thoroughly. Top with the cilantro and serve warm.

\*For less heat, use chili powder instead of ancho chili powder

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
464	7 g	1 g	278mg	174 g	26 g	6 g	5 g	75 g	437 mg