

Turkey & White Bean Chili

YOU CUT CALORIES by a third and fat by half when you substitute ground turkey for beef chuck. The cannellini beans deliver an impressive 10 grams of fiber per serving—almost half your daily requirement



Total time 25 minutes
Makes 4 main-dish servings

- 1 Tbsp. olive oil
- 1 lb. ground turkey (93% lean)
- 1 med. onion, chopped
- 4 tsp. chili powder
- 1 Tbsp. ground cumin
- 1 can (28 oz.) whole tomatoes in juice, chopped
- 1 can (15 to 19 oz.) white kidney beans (cannellini), rinsed and drained
- ½ c. plain nonfat yogurt

1. In 12-inch skillet, heat oil on medium-high until hot. Add turkey and ½ teaspoon salt, and cook 6 to 8 minutes or until turkey loses its pink color throughout, stirring to break it up with side of spoon. Add onion and cook 4 minutes. Stir in chili powder and cumin; cook 1 minute.
2. Add tomatoes with their juice, beans, and ½ cup water; heat to boiling on high. Reduce heat to medium and cook, uncovered, 10 minutes, stirring occasionally. Ladle chili into serving bowls and top with a dollop of yogurt. Makes about 6 cups.

EACH SERVING About 380 calories, 33 g protein, 35 g carbohydrate, 13 g total fat (3 g saturated), 10 g fiber, 81 mg cholesterol, 875 mg sodium. ■

