

EatSmart JEAN CARPER

An antioxidant bowl

Colorful veggies and spices combine to deliver a hefty dose of health-protecting antioxidants, fiber and exotic Caribbean tastes.

CARIBBEAN CHICKEN STEW

- 2 Tbs. canola oil
- 1 large yellow onion, chopped
- 1 large green pepper, chopped
- 3 garlic cloves, crushed
- 2 tsps. cinnamon
- 1 tsp. each, allspice and nutmeg
- ½ tsp. cayenne pepper, or to taste
- Salt to taste
- 1 bay leaf
- 1 16-ounce can diced tomatoes, no salt added
- 2 cups 99% fat-free, low-sodium chicken broth



- 1½ pounds boneless, skinless chicken breasts/thighs, boiled or poached, pulled into strips
- 1½ cups winter squash, cubed (or substitute thick zucchini slices)
- 1 15.5-ounce can black beans, undrained
- 4 limes, each cut into quarters
- Optional: cooked brown rice

In a large pot, heat oil. Add onion, green pepper, garlic; sauté 3 minutes. Add spices; sauté 3 minutes. Add tomatoes, broth, chicken, squash and beans. Simmer, covered, 20 to 25 minutes, stirring occasionally. Remove bay leaf. Serve over optional brown rice with juice from lime wedges.

SERVES 8 ■ PER SERVING: 221 calories, 18g carbohydrates, 23g protein, 6g fat (1g saturated), 60mg cholesterol, 6g fiber, 274mg sodium



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