WHAT'S COOKING IN THE MARKET?
Apple Corn Chili

Servings: 4

Ingredients

2 tablespoons olive oil (divided)
8 ounces boneless, skinless chicken breast (cut to 1/2" cubes)
1 medium onion (chopped)
2 cloves garlic (minced)
15 ounces can yellow corn (no-salt-added, drained)
2 red apples, such as Braeburn, Empire, or Fuji (chopped, skin on)
1/2 tablespoon ground cumin
1/8 teaspoon cayenne pepper (if desired)
15 ounces can black beans (no-saalt-added, drained and rinsed)
4 1/2 ounces can diced green chiles (drained)
2 teaspoons chicken bouilon (sodium-free)
2 cups water

For Toppings:
1/4 cup sour cream (reduced-fat)
1/4 cup fresh, chopped cilantro (if desired)

Directions

This quick-fixing chili, with a base of sautéed, pureed red apples and yellow corn, is so thick and flavorful that you'd never know it's low in fat and sodium. We feature it with chicken, but it can be made vegetarian by omitting the chicken and bouillon and substituting water for vegetable stock.

1. In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.
2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
5. Add browned chicken, black bean, chiles, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 ºF.
6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

NUTRITION INFORMATION

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	11 g	17 %
Saturated Fat	3 g	15 %
Trans Fat		
Cholesterol		
Sodium	140 mg	6 %
Carbohydrates	48 g	16 %
Dietary Fiber	9 g	36 %
Sugars		
Protein	20 g	

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

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