

# Quick Bites



Healthy Fun Facts: Tomatoes are actually more nutritious when they're cooked! Tomatoes have an antioxidant called lycopene which becomes more bio-available to the body when cooked.

Find more recipes at: [www.jocoeats.com](http://www.jocoeats.com)

## Chicken Chili

Makes 6 Servings  
\$0.95 per serving



- 1 (5-ounce) can chicken
- 1 (1-ounce) package taco seasoning
- 1 (28-ounce) can unsalted diced tomatoes
- 1 (15-ounce) can unsalted white beans
- 1/2 cup shredded cheddar

1. Add all ingredients in a large pot and cook until hot.
2. Serve topped with cheddar cheese.

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/6 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 136mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 442mg	<b>10%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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# Tips That Make Sense

## Recipe

- Shop only once a week. The more trips to the store, the more money you spend. It is hard to purchase only a few items on any trip to the grocery store.
- Keep in mind that items from convenience stores often cost more.
- Pick the grocery store with the best prices for foods you buy.
- Think of mileage. Shopping at many stores may not be worth the extra time and gas.
- Check out dollar stores. Canned fruit and snack crackers can be bought here cheaply.

## When a Recipe Calls for Cooked, Shredded Chicken

Using canned chicken is a great option when a recipe calls for cooked, shredded chicken. It's shelf stable, already cooked and ready to go—you just need to pop the lid! But, cooking your own shredded chicken is easy, too.

### Easy Poached Chicken:

1. Put boneless/skinless chicken breasts or thighs into a large pot. You can also add seasoning and herbs to the pot, too.
2. Add enough water to cover the chicken entirely. You could also use stock instead or a combination of both.
3. Bring the liquid to a boil then turn the heat down to a simmer and cook for 10 to 15 minutes or until the chicken reaches an internal temperature of 165F.
4. Once the chicken has cooked through, remove from the pot and shred with two fork.

### Ideas for Shredded Chicken:

- Tacos
- Chicken Salad
- Quesadillas
- Chicken Noodle Soup
- Chicken and Rice
- Nachos
- BBQ Pizza
- Chicken Spaghetti



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