

Chicken with Posole

You could use leftover cooked turkey in place of the chicken.

- 1 lb posole (fresh or frozen)
- 1 quart water
- 2 large chicken breasts
- 1 onion
- 1 cup green chile
- 1 tsp garlic powder
- 1 tsp cominos (whole cumin seeds)

1. Cook the posole until it bursts, about 2 hours.
2. Remove the skin, bone and all visible fat from chicken. Cut into bite-sized pieces. Braise the chicken and onion in a small amount of water until chicken is done.
3. Combine cooked posole and green chile with chicken. Simmer with enough liquid to cover until posole is tender.

Makes 6 servings.

Per serving: 225 calories; 18 gm carbohydrate; 5 gm fiber; 6 gm fat; 22 gm protein; 55 mg cholesterol

