



Creamy Chipotle Chicken Skillet

SERVING: 3/4 CUP
YIELD: 4

PREP TIME: 5 MINS
TOTAL TIME: 30 MINS

Ingredients

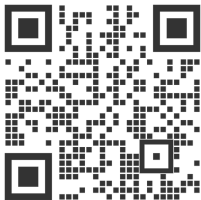
- Cooking Oil Spray
- 1-1/2 Ib Chicken Breasts, boneless and skinless, chopped
- 1 tsp Ground Cumin
- 1/4 tsp Black Pepper
- 1/2 medium Onion, diced
- 2 medium Jalapenos, diced
- 2 tsp Minced Garlic
- 1/2 cup Chipotle Sauce
- 1/2 cup Low Sodium Chicken Broth
- 4 oz. Neufchatel Cheese (1/3 less fat cream cheese)
- 3 tbsp Plain Nonfat Greek Yogurt
- 1 tsp dried Cilantro

Directions

1. Using a cutting board, chop chicken into bite size pieces.
2. Heat large skillet over medium-high heat. Add cooking oil spray, chicken, cumin and pepper. Cook chicken until golden brown.
3. Remove chicken from the skillet and cover. Reduce heat to medium. Add cooking oil spray, diced onions and jalapenos. Cook until softened. about 2-4 minutes.
4. Add garlic, chipotle sauce, chicken broth, and cheese. Stir until melted. About 4-6 minutes.
5. Return the chicken to the skillet, along with any accumulated juices, and turn to coat in the sauce.
6. Cover the pan, reduce the heat to medium-low and cook for 10 minutes.
7. Once the chicken is cooked through, turn off heat and stir in Greek yogurt and stir. Top with Cilantro. Enjoy!

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup (0.0g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 450mg	20%
Total Carbohydrate 10g	4%
Dietary Fiber <1g	2%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.6mg	8%
Potassium 80mg	2%
<small>* The % Daily Value (DV) 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>	

*Cost information includes lower cost ingredients found at local grocery store 06/15/23.



Cost Per Recipe	Cost Per Serving
\$8.87	\$2.22

Protein Content of Foods

Meat, Poultry, Eggs:

Food (Cooked)	Serving Size	Calories	Protein (g)
Chicken, skinless	3 oz	141	28
Steak	3 oz	158	26
Turkey, roasted	3 oz	135	25
Lamb	3 oz	172	23
Pork	3 oz	122	22
Ham	3 oz	139	14
Egg, large	1 egg	71	6

Seafood:

Food (Cooked)	Serving Size (oz)	Calories	Protein (g)
Salmon	3	155	22
Tuna	3	99	22
Shrimp	3	101	20
Lobster	3	76	16
Scallops	3	75	14

Legumes, Grains, Vegetables:

Name of Food (Cooked)	Serving Size (cup)	Calories	Protein (g)
Pinto Beans	½	197	11
Adzuki Beans	½	147	9
Lentils	½	101	9
Edamame	½	95	9
Black Beans	½	114	8
Red Kidney Beans	½	112	8
Chickpeas	½	134	7
Black-eyed Peas	½	100	7
Fava Beans	½	94	7
Wheat Berries	½	151	6
Kamut	½	126	6
Lima Beans	½	105	6
Quinoa	½	111	4
Peas, Green	½	59	4
Spinach, cooked	½	41	3

Protein Content of Foods

Nuts and Seeds:

Food	Serving Size	Calories	Protein (g)
Soy Nuts	1 oz	120	12
Pumpkin Seeds	1 oz	159	9
Peanuts	1 oz	166	7
Peanut Butter	1 Tbsp	188	7
Almonds	1 oz	163	6
Pistachios	1 oz	161	6
Flax Seeds	1 oz	140	6
Sunflower Seeds	1 oz	140	6
Chia Seeds	1 oz	138	5
Walnuts	1 oz	185	4
Cashews	1 oz	162	4

Dairy Products:

Food	Serving Size	Calories	Protein (g)
Greek Yogurt	6 oz	100	18
Cottage Cheese (1% fat)	4 oz	81	14
Regular Yogurt (nonfat)	1 cup	100	11
Milk, Skim	1 cup	86	8
Soy milk	1 cup	132	8
Mozzarella (part skim)	1 oz	72	7
String Cheese (nonfat)	1 piece (0.75 oz)	50	6