

## *Heart-Healthy Mexican Menu*

- *White Chili with Chicken and Quinoa*
- *Mexican Chopped Salad with Cilantro-Lime Vinaigrette*

<b>Nutrition Facts</b>	
Serving: 1 meal	
Amount Per Serving	
<b>Calories</b> 563	
<b>Total Fat</b> 17 g	
Saturated Fat 3 g	
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 69 mg	
<b>Sodium</b> 433 mg	
<b>Potassium</b> 1205 mg	
<b>Total Carbohydrate</b> 61 g	
<b>Dietary Fiber</b> 17 g	
<b>Sugars</b> 10 g	
<b>Added Sugars</b> 4 g	
<b>Protein</b> 43 g	
Vitamin A	81%
Vitamin C	54%
Calcium	19%
Iron	38%

## White Chili with Chicken and Quinoa

Makes 4 servings

### Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 jalapeño peppers, seeded and diced
- 3 cloves garlic, chopped
- 1 teaspoon cumin, toasted and ground
- 3 cups low-sodium chicken broth
- 1 cup Herdez salsa verde
- 1 pound boneless, skinless chicken breasts
- 1 15-ounce can no-salt-added white beans, rinsed
- ½ cup quinoa, rinsed
- ½ teaspoon dried oregano
- 1 tablespoon lime juice (from ~½ lime)
- 2 tablespoons cilantro, chopped
- Ground black pepper, to taste
- 2 ripe avocados, sliced (for garnish)
- 1 lime, cut into 4 wedges (for garnish)

### Preparation

1. Heat the oil in a large sauce pan over medium heat. Add the onion and jalapeño peppers and cook until tender, about 5 to 7 minutes.
2. Add the garlic and cumin and cook until fragrant, about one minute.
3. Add the broth, salsa verde, chicken, beans, quinoa, and oregano. Bring to a boil, reduce the heat, and simmer until the chicken is cooked and the quinoa is tender, about 10 to 15 minutes.
4. Remove the chicken, shred or dice, return to the soup along with the lime juice and cilantro. Season with pepper and remove from heat.
5. Garnish with avocado slices and lime wedges before serving.

### Notes:

- To prepare in a slow cooker: Follow steps 1 and 2, then place everything except the lime juice, cilantro, ground black pepper, avocado, and lime wedges into a slow cooker. Cook on low for 6 to 10 hours or on high for 3 to 4 hours before continuing with step 4.
- Too spicy? Replace the jalapeño peppers with poblano peppers to reduce the heat.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 354	
<b>Total Fat</b> 6 g	
<b>Saturated Fat</b> 1 g	
<b>Monounsaturated Fat</b> 3 g	
<b>Polyunsaturated Fat</b> 1 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 66 mg	
<b>Sodium</b> 328 mg	
<b>Potassium</b> 756 mg	
<b>Total Carbohydrate</b> 37 g	
<b>Dietary Fiber</b> 10 g	
<b>Sugars</b> 2 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 37 g	
Vitamin A	3%
Vitamin C	23%
Calcium	12%
Iron	30%

## Mexican Chopped Salad with Cilantro-Lime Vinaigrette

Makes 8 servings

### Ingredients

#### Salad

- 3 medium romaine hearts, chopped
- 1 can no-salt-added black beans, rinsed and drained
- 1 cup frozen corn, thawed (or fresh corn kernels)
- 1 cup chopped tomatoes or halved cherry tomatoes
- 1 cup peeled and chopped jicama
- 1 cup chopped cucumbers
- ½ cup chopped fresh cilantro
- ⅓ cup crumbled Mexican cheese
- 1 medium avocado, peeled, seeded, and diced

#### Vinaigrette

- ¼ cup olive oil
- ¼ cup freshly squeezed lime juice
- ¼ cup red wine vinegar
- 2 tablespoons honey
- ¼ cup chopped fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### Preparation

1. In a large bowl, toss together all the salad ingredients.
2. Combine all the dressing ingredients together in a jar or blender and shake/process until well-combined. Add additional salt and pepper to taste, if needed.
3. Pour the dressing over the salad to taste or serve on the side.

Nutrition Facts	
Amount Per Serving	
<b>Calories 209</b>	
<b>Total Fat 11 g</b>	
<b>Saturated Fat 2 g</b>	
<b>Monounsaturated Fat 7 g</b>	
<b>Polyunsaturated Fat 1 g</b>	
<b>Trans Fat 0 g</b>	
<b>Cholesterol 3 mg</b>	
<b>Sodium 105 mg</b>	
<b>Potassium 449 mg</b>	
<b>Total Carbohydrate 24 g</b>	
<b>Dietary Fiber 7 g</b>	
<b>Sugars 8 g</b>	
<b>Added Sugars 4 g</b>	
<b>Protein 6 g</b>	
Vitamin A	78%
Vitamin C	31%
Calcium	7%
Iron	8%