

## Chicken Chili

20 oz. tomatoes, diced  
1 3/4 lbs. chicken breast, boneless, skinless  
1/3 cup chicken broth  
1/2 large Spanish onion, chopped  
1 1/4 tbsp. garlic, coarsely chopped  
1 1/4 medium zucchini, 1" cubes  
1 1/4 red bell peppers, 1" cubes  
1 1/4 tbsp. chili powder  
1 1/4 tsp. cumin  
1 1/4 tsp. curry powder  
5/8 tsp. oregano  
5/8 tsp. allspice  
10 oz. dark kidney beans, drained  
1 3/4 tsp. lemon juice  
Black pepper to taste

Preheat oven to 375°F. Bake chicken with ½ liquid from canned tomatoes in shallow baking pan for 40 minutes. Cut into 1" cubes, discard liquid. Place broth in large heavy pot. Add onions and garlic. Cook for 3 minutes on low heat. Add zucchini and red pepper. Cook covered for 8 minutes. Add tomatoes and remaining liquid and spices. Simmer uncovered for 3 minutes. Add beans, chicken and lemon juice. Simmer 10-12 minutes. Makes 6 servings.

Nutrition information per serving: calories 306; protein 42 grams; fat 6 grams; sodium 343 mg