



Microwave White Chicken Chili

- 3 whole heads garlic (about 48 cloves), unpeeled
- $\frac{3}{4}$ tsp salt, divided
- 3 tbsp olive oil, divided
- 2 poblano peppers
- 1 medium onion
- $1\frac{1}{2}$ lb boneless, skinless chicken thighs
- 2 tbsp **Southwestern Seasoning Mix**
- 2 cans (15.5 oz each) Great Northern beans, drained
- 1 jar (16 oz) salsa verde

1. Using **(5-in.) Santoku Knife**, slice about $\frac{1}{4}$ in. off the pointed top of garlic heads to expose cloves. Place garlic cut side up in **Classic Batter Bowl**. Sprinkle garlic with $\frac{1}{4}$ tsp of the salt and drizzle with 2 tbsp of the oil. Cover batter bowl with lid; microwave on HIGH 3 minutes or until garlic is soft. Set aside to cool.
2. Meanwhile, finely dice peppers using Santoku Knife. Chop onion using **Food Chopper**. Combine peppers and onion in **Deep Covered Baker**. Trim and finely dice chicken using **Boning Knife**. Add chicken, seasoning mix, remaining 1 tbsp oil and remaining $\frac{1}{2}$ tsp salt to baker; mix well using **Master Scraper**. Microwave, covered, on HIGH 4 minutes; stir to separate chicken. Cover; microwave an additional 4-6 minutes or until chicken is cooked through.
3. Meanwhile, gently squeeze cooled garlic from heads into batter bowl (discard skins); mash using **Mix 'N Masher**. Add beans and salsa to batter bowl. Transfer bean mixture to baker; mix well. Microwave, covered, on HIGH 5-7 minutes or until chili is heated through.

Yield: 8 servings (8 cups)

Nutrients per serving: *Light* (1 cup): Calories 230, Total Fat 7 g, Saturated Fat 1.5 g, Cholesterol 70 mg, Carbohydrate 21 g, Protein 21 g, Sodium 750 mg, Fiber 4 g

Cook's Tip: Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired. Omit salt.

Serve this chili with optional toppings such as shredded cheese, sour cream, lime wedges, diced avocado or chopped cilantro.

Boneless, skinless chicken breasts can be substituted for the chicken thighs, if desired.