

Chicken

Chicken Frito Pie

Dash Magazine

Servings: 6

Preparation Time: 40 minutes

Start to Finish Time: 55 minutes

12 Tablespoons vegetable oil

1 1/2 pounds boneless/skinless chicken thighs, cut into 1 1/2-inch pieces

1 yellow onion, diced

3 cloves garlic, diced

1 tablespoon chili powder

2 cups low-sodium chicken broth

1 can (7 oz) fire roasted green chiles, chopped

2 cans (15 oz) cannellini beans, drained and rinsed

2 1/2 cups (1/2 9-1/4 oz bag) Fritos

2 cups Monterey Jack cheese, grated

Preheat oven to 350 degrees.

In a large, heavy-bottomed pot, heat oil over medium-high. Season chicken with salt and pepper, then brown on both sides for a total of 6 minutes. Remove to a plate.

Add onion, garlic and chili powder to pot, stirring; saute' until tender, 4 minutes. Return chicken to pot; stir in broth, green chiles and beans.

Bring to a boil; reduce to a simmer and cook for 30 minutes over medium heat, stirring occasionally.

Add 1 1/2 cups Fritos to a 2-quart casserole. Top with chile, remaining Fritos and cheese.

Bake 15 minutes.

Serve with cilantro, avocado and sour cream, if desired.

Per Serving (excluding unknown items): 488 Calories; 40g Fat (70.4% calories from fat); 19g Protein; 19g Carbohydrate; 6g Dietary Fiber; 34mg Cholesterol; 232mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 7 Fat.