

Quick Chili Bake

4 Servings

What you need:

- 2 (15-oz) boxes low-fat turkey chili with beans (like Hormel)
- 4-oz can chopped mild green chilies
- ½ cup shredded low fat cheddar cheese
- 3 reduced-fat refrigerator biscuits (like Pillsbury Perfect Portions)



All you do:

1. Preheat the oven to 350°F.
2. Combine chili and chilies into a 1-1/2 quart casserole dish.
3. Split the biscuits in half lengthwise and lay on top the chili cut side down.
4. Sprinkle shredded cheese over the top.
5. Bake for 15-20 minutes or until heated through out.

Add a glass of skim milk and some fruit for a balanced meal.

Nutrition information per serving:

320 calories, 4.5g fat, 1.5g saturated fat, 46g carbohydrates, 6g dietary fiber, 23g protein, 1630 mg sodium.