



Chicken Picadillo

Both sweet and spicy, this tasty dish is sure to please the whole family.

Makes 4 servings. *1½ cups per serving.* | **Prep time:** 10 minutes | **Cook time:** 35 minutes

- 1 pound ground chicken**
- 1½ cups chopped onion**
- 1½ cups chopped chayote squash**
- 1 cup chopped bell pepper or poblano pepper**
- ⅓ cup chopped pimento stuffed green olives**
- ¼ cup raisins**
- ¼ cup water**
- 1 tablespoon chili powder**
- 1 teaspoon ground cumin**
- ¼ teaspoon cinnamon**
- 1 (14.5-ounce) can diced tomatoes**

1. In a large nonstick pot or skillet, brown chicken over medium-high heat for 5 minutes, breaking it up with the back of a spoon.
2. Add all remaining ingredients and bring to a boil.
3. Reduce heat to medium-low and cover. Let simmer for 20 minutes.
4. Serve hot.

tip: To make stuffed peppers, spoon picadillo mixture into poblanos or bell pepper halves. Cover with foil and bake until peppers are tender.



**Nutrition
information
per serving:**

Calories

230

Carbohydrate

23 g

Dietary Fiber

6 g

Protein

17 g

Total Fat

9 g

Saturated Fat

2.5 g

Trans Fat

0 g

Cholesterol

65 mg

Sodium

390 mg

