

Chicken Verde

This traditional Mexican-American recipe was changed to reduce the fat (skinned the chicken and removed extra fat from the chicken broth) and the sodium (packaged dry chili pods used instead of the high salt canned version). The dish can be served over rice. Contributors: Families of East Los Angeles Boys and Girls Club contributed recipes to CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1 ½	Pounds	Chicken (thighs/drumsticks)	Skinned
1	Clove	Garlic	Chopped
½	Teaspoon	Chicken base	
¼	Medium	Red onion	Chopped
8	Individual	Dry chili pods	Soaked in boiling water ; chopped
1	Cup	Water	Boil to soak chili pods
¾	Cup	Green bell pepper	Chopped
½	Teaspoon	Oregano	
1	Pound	Green tomatoes (tomatillos)	

1. Place chicken legs in a large pot; add garlic, chicken base and red onion.
2. Cover chicken with water and bring to a boil; lower the flame until chicken is done.
3. Save the chicken broth for use in making the sauce. Let cool in refrigerator until fat forms on top, remove fat before adding to sauce mixture.
4. Place chili pods in water to soften.
5. Put tomatoes, garlic, onions, chili pods, bell pepper, oregano, and chicken broth in blender until thoroughly mixed.
6. Pour the green tomato sauce over the chicken and bring to a boil.

Yield: Six (6) 2 ounces servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	224	275 mg (11%)	4g (6%)	1g (5%)	101mg (33%)	1g (4%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org