

Chili Cheese Hominy

This recipe is a good source of calcium, which keeps bones and teeth strong.

Ingredients:

- 1/2 cup **onion**, chopped
- 2 tablespoons **butter or margarine**
- 1 (31 ounces) can **white or yellow hominy**
- 1 (8 ounce) can **chopped green chilies**, drained
- 8 ounces **fat free sour cream**
- 1 teaspoon **chili powder**
- 1/8 teaspoon **pepper**
- 1 1/2 cups **cheddar cheese**, shredded

Directions:

1. Sauté onion in butter in a large skillet for 5 minutes.
2. Add hominy, green chilies, sour cream, chili powder and pepper.
3. Add 1/2 cup cheese.
4. Pour into a lightly greased 10"x5"x2" baking dish.
5. Bake at 400 degrees for 20 minutes.
6. Remove from oven and sprinkle remaining 1 cup cheese on top.
7. Bake an additional 5 minutes, or until cheese melts.
8. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 cup (191g)
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 460mg **19%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 6g

Vitamin A 10% • Vitamin C 2%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|---------|-------|
| Total Fat | Less Than | 65g | 80g | |
| Saturated Fat | Less Than | 20g | 25g | |
| Cholesterol | Less Than | 300mg | 300 mg | |
| Sodium | Less Than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 1 cup each

Bright Ideas:

Source: Adapted from Southern Living Cookbook, 1987.

For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>