



American  
Heart  
Association.

May

# FIGHT STRESS WITH HEALTHY HABITS

1. Slow down.
2. Snooze more.
3. Let worry go.
4. Laugh it up.
5. Get connected.
6. Get organized.
7. Practice giving back.
8. Be active every day.
9. Give up bad habits.
10. Lean into things you can change.



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## Chicken Mole with Tortilla Strips

### Ingredients

- 1 tablespoon olive oil
- 1 small onion, coarsely chopped
- 1 medium garlic clove, minced or 1/2 teaspoon jarred minced garlic
- 1 4- to 4.5-ounce can diced green chiles, drained
- 1 to 3 chipotle peppers canned in adobo sauce, plus 1 tablespoon sauce
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon dark brown sugar
- 1 10.5-ounce can fat-free, low-sodium chicken broth
- 1 8-ounce can no-salt-added tomato sauce
- 2 pounds boneless, skinless chicken breasts, all visible fat discarded, cut into bit-size pieces
- 4 8-inch corn tortillas, cut into 1/2-inch strips
- 1/2 cup fat-free or low-fat sour cream
- 2 tablespoons chopped green onions (green part only) (optional)

### Directions

1. Heat the oil in a large stockpot over medium-high heat, swirling to coat the bottom. Cook the onion and garlic for 1 to 2 minutes, stirring occasionally. Stir in the green chiles, almonds, chipotle peppers, adobo sauce, cocoa powder and brown sugar. Stir in the broth and tomato sauce.
2. Using a hand blender or immersion blender, puree the mixture in the pot. (Alternatively, puree the mixture in a food processor or blender and return to the pot.) Bring to a boil over high heat. Reduce the heat to low and simmer for 5 minutes.
3. Stir in the chicken. Simmer for 8 minutes, or until the chicken is no longer pink in the center, stirring occasionally.
4. Meanwhile, preheat the broiler.
5. Put the tortilla strips on a baking sheet. Broil the tortillas strips about 6 inches from the heat for 2 minutes. Stir. Broil for 1 minute. Stir. Broil for 1 to 2 minutes, or until the strips start to turn crisp and golden. Remove from the broiler. (Some strips will be partly soft.)
6. Reserve about one-fourth of the tortilla strips for garnish. Put the remaining tortilla strips and 3/4 cup mole in each bowl. Top with the sour cream, green onions and reserved tortilla strips.

8 Servings

254 Calories  
Per Serving

27g Protein  
Per Serving

3g Fiber  
Per Serving



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