

# SLOW-COOKER CREAMY WHITE CHICKEN CHILI DIP

Wheat  
Thins



Prep Time: 15 min    Prep Time: 6 hr 30 min  
Makes 6 cups dip or 48 servings, 2 Tbsp. dip  
and 11 WHEAT THINS Big Snacks each.

## WHAT YOU NEED

1 lb. boneless skinless chicken breasts  
1 pkg. (1-1/2 oz.) chili seasoning mix  
1 can (15.5 oz.) white beans, rinsed  
1 can (4 oz.) chopped green chiles, undrained  
1 cup fat-free reduced-sodium chicken broth  
1 pkg. (8 oz.) Neufchatel cheese, cubed  
1 cup shredded reduced-fat cheddar cheese,  
divided  
1 Tbsp. chopped fresh cilantro  
WHEAT THINS Big Snacks

## MAKE IT

**Place** chicken in slow cooker sprayed with cooking spray; sprinkle with seasoning mix. Turn to evenly coat both sides of each chicken breast with seasoning mix.

**Top** with beans and chiles. Pour chicken broth over ingredients in slow cooker; cover with lid.

**Cook** on LOW 6 to 8 hours (or on HIGH 2 to 4 hours).

**Remove** chicken from slow cooker; pull into shreds with 2 forks. Return to slow cooker. Add Neufchatel cheese and half the cheddar cheese; mix well. Top with remaining cheddar. Cook, covered, 10 to 15 min. or until cheese is melted and chicken mixture is heated through.

**Sprinkle** with cilantro.

**Serve** with WHEAT THINS for dipping.

## TIPS

### Serving Suggestion

Serve with WHEAT THINS Original Snacks. Makes 48 servings, 2 Tbsp. dip and 16 WHEAT THINS each.

### Variation

Prepare using shredded reduced-fat Mexican blend cheese and/or your favorite variety of canned beans, such as black beans.

### Nutrition Notes

The whole wheat crackers team up with the white beans to make this deliciously cheesy chili dip a good source of fiber.

**Nutrition Information Per Serving:** 180 calories, 7g total fat, 1.5g saturated fat, 10mg cholesterol, 410mg sodium, 25g carbohydrate, 2g dietary fiber, 4g sugars, 6g protein