

Tortilla Soup with Grilled Chicken

Serves 4; 1 1/4 cups per serving

Every spoonful of this zesty and satisfying soup is full of hearty chunks of vegetables and chicken.

Cooking spray

2 6-inch corn tortillas, cut in half, then into 1/4-inch strips

2 cups fat-free, low-sodium chicken broth

2 cups water

1 8-ounce can no-salt-added tomato sauce

6 ounces cubed grilled skinless chicken breasts, cooked without salt, all visible fat discarded

1 small yellow summer squash (about 4 ounces), diced

1 small zucchini (about 4 ounces), diced

1/2 cup frozen whole-kernel corn

1 teaspoon salt-free all-purpose seasoning blend

1 teaspoon chili powder

1 teaspoon onion powder

1 teaspoon olive oil

1/2 teaspoon ground cumin

1/4 teaspoon dried oregano, crumbled

1/4 teaspoon salt

1/4 cup shredded low-fat Cheddar cheese

Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray. Place the tortilla strips in a single layer on the baking sheet. Lightly spray with cooking spray.

Bake for 10 minutes, or until crisp.

Meanwhile, in a medium saucepan, bring the remaining ingredients except the Cheddar to a simmer over medium-high heat. Reduce the heat and simmer, covered, for about 15 minutes. Serve sprinkled with the tortilla strips and Cheddar.

NUTRITION ANALYSIS (per serving)

Calories	163	
Total Fat	3.0 g	
Saturated Fat	1.0 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	1.5 g	
Cholesterol	34 mg	
Sodium	288 mg	
Carbohydrates	16 g	
Fiber	3 g	
Sugars	5 g	
Protein	19 g	

Dietary Exchanges: 1/2 starch, 2 vegetable, 2 very lean meat

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