



# HEALTHY RECIPES

## Recipe for: Delicious and Healthy Soup

### Ingredients:

- 2 boneless, skinless chicken breast halves (I usually use leftover chicken)
- 1/2 teaspoon Olive oil
- 1 cup onions
- 1/2 teaspoon minced garlic
- 1/4 teaspoon cumin
- 1 tablespoon Bottled lime or lemon juice
- 2 cups (14 1/2 ounce each) fat free chicken broth
- 1 cup chunky-style Mexican tomato salsa
- 1 cup frozen corn
- tortilla chips crushed (use baked chips for less fat)
- Shredded Cheese

### Directions:

Heat olive oil in a skillet. Cook pieces of chicken (if not using leftover chicken) or add cooked chicken to the skillet. Add onions, garlic, cumin and juice. Cook 2 minutes. Add broth, salsa, and corn, heat 10-15 minutes. Crush tortilla chips slightly in the bottoms of soup bowls. Ladle soup over the chips and sprinkle cheese on top.

Variation: Add a can of rinsed black beans for more fiber.

Submitted by: Mary Vernau - Library

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