



Healthy Eating & Weight Loss

Recipe of the Month -- OCTOBER 2007

SOUP

- 1 whole chicken breast (about 12 oz)
- 6 cups low sodium chicken broth
- 1 tbsp olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, finely chopped
- 1/2 jalapeno pepper, finely chopped
- 1 can diced tomatoes (14.5 oz)
- 8 baked tortilla chips

SALSA

- 1/2 cup canned corn
- 1/2 cup canned black beans, rinsed & drained
- 1/2 avocado, cubed
- 1 handful fresh cilantro, chopped
- 1 lime, halved

Poach chicken in 2 cups of the broth in a large pot over very low heat until cooked through, about 20 minutes from when the broth reaches a simmer. Remove chicken from broth and set aside. Heat Oil in a large saucepan over medium high heat, Cook onion, garlic, and jalapeno until onion is translucent, about 3-5 minutes. Add tomatoes, simmer 1 minute. Strain poaching broth, add it and remaining 4 cups broth to saucepan. Bring to a boil.

Combine first 5 salsa ingredients in a bowl. Add juice of 1 lime half. Slice other lime half into 4 wedges.

Shred chicken into bite sized pieces. When soup boils, lower heat to medium and add chicken. Simmer 1 minute.

Ladle soup into 4 bowls and top with 1/4 of the salsa on each and sprinkle 2 tortilla chips on each. Squeeze 1 lime wedge over each bowl of soup and serve.

323 calories per serving, 32 g protein

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