**Chicken Tortilla Soup**  
Makes 6 Servings

4 Corn Tortillas (6”) cut in strips  
2 1/2 Tbsp Canola Oil  
1 1/2 cup Red or Green Salsa of choice  
2 1/2 cans Low Sodium Chicken Broth (10.75 oz)  
2 cups cooked Boneless Skinless Chicken Breast, cubed  
1 cup Yellow Corn, canned or frozen, drained  
1 cup Black Beans, canned, drained  
1 medium Red Pepper, diced, sautéed  
1 large Zucchini, halved lengthwise and cut in fours, sautéed  
Sour Cream, fat-free or reduced fat (optional)

1. Cook Tortilla strips in hot Canola Oil until crisp. Set aside and drain on paper towel.  
2. Combine Salsa and Chicken Broth in a large sauce-pan and bring to a boil over medium-high heat.  
3. Reduce heat to medium; add Chicken Breast, Yellow Corn, Black Beans, Red Pepper (sautéed), and Zucchini (sautéed); heat all the way through.  
4. Serve in bowls; top with Tortilla strips and a dollop of Sour Cream (optional)

**Nutrition Information (per serving):**  
- Total Calories: 230  
- Protein: 20g  
- Carbohydrate: 24g  
- Total Fat: 6g  
- Saturated Fat: 1g  
- Fiber: 5g

**Vegetarian (even for just the day)?**  
1. Leave out the Chicken Breast and substitute Water for Chicken Broth.  
2. Cook up a side of your favorite Whole Grain Rice and you’ve got lunch!

**Food For Thought:**  
Animal proteins are generally more complete than plant proteins. By combining proteins from legumes (black beans) and grains (rice), you create a complimentary protein that contains all the essential amino acids you need for growth and preservation of all the amazing functions your body has!

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