



RECIPE OF THE WEEK

SOUR CREAM CHICKEN ENCHILADA SOUP

8 oz. fat free sour cream	½ can 98% fat free cream of chicken soup
½ tablespoon fresh chopped cilantro	1 ¼ cups cooked shredded chicken breast
½ can Mexican Rotel tomatoes	½ cup chopped onions
½ can diced green chiles	2 cups chicken broth

1. In a saucepan, mix together sour cream, soup, and cilantro. Heat through and set aside.
2. Combine the chicken, Rotel, onions, and green chiles in a pan sprayed with cooking spray. Heat until onions are transparent.
3. Mix together the chicken mixture with the sour cream mixture in a large saucepan, and add the chicken broth. Heat through and serve.
4. Serve with tortilla chips. (Chips not included in calories)

NUTRITION FACTS:

Calories: 153.1

Protein: 14.1 grams

Total Fat: 3.4 grams

Total Carbohydrates: 16.3 grams

Makes 4 servings

FOOD FOR THOUGHT: I MAY NOT BE THERE YET, BUT I'M CLOSER THAN I WAS YESTERDAY. – ANONYMOUS