

QUICK MEXICAN-STYLE SOUP

Serves 4; 3/4 cup per serving

A perfect last-minute side dish, this super-fast soup abounds in south-of-the-border flavors. It weighs in at only 35 calories per serving.

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| 1 14-ounce can fat-free, low-sodium chicken broth | 1/4 cup snipped fresh cilantro |
| 1 large tomato, seeded and diced | 1 to 2 tablespoons fresh lime juice |
| 1 4-ounce can chopped mild green chiles | 1/2 tablespoon olive oil
(extra-virgin preferred) |
| | 3/4 teaspoon ground cumin |

In a medium saucepan, bring the broth to a boil over high heat. Stir in the tomato and green chiles. Return to a boil. Remove from the heat. Stir in the remaining ingredients. Let stand, covered, for 5 minutes to allow the flavors to blend.

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Nutrition Analysis Per Serving

CALORIES	35
TOTAL FAT	2.0 g
Saturated	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	1.5 g
CHOLESTEROL	0 mg
SODIUM	132 mg
CARBOHYDRATES	4 g
FIBER	2 g
SUGAR	1 g
PROTEIN.....	1 g

Dietary Exchange: 1 vegetable, 1/2 fat



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