TORTILLA SOUP

8 Corn tortillas, halved and thinly sliced
1 tablespoon Canola oil
3 Anaheim or poblano peppers, diced
1 medium Onion, diced
1 teaspoon Ground cumin
1 pound Boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
4 cups Reduced-sodium chicken broth
1 14-ounce can Diced tomatoes (even better with green chiles mixed in)
2 tablespoons Lime juice
1/2 cup Shredded 2%Cheddar cheese
1/4 cup Fresh cilantro, chopped

- Preheat oven to 400°F.
- Spread tortilla strips in an even layer on a baking sheet and coat with cooking spray. Bake until browned and crispy, 12 to 15 minutes.
- Meanwhile, heat oil in a large saucepan over medium heat.
- Add peppers and onion and cook, stirring, until the onion begins to soften, 3 to 5 minutes.
- Add cumin and cook, stirring, for 1 minute.
- Add chicken, broth, tomatoes and their juice.
- Bring to a boil, reduce heat and simmer until the chicken is cooked through, 12 to 15 minutes. Remove from the heat and stir in lime juice.
- Serve each portion topped with some of the baked tortilla strips, cheddar cheese and cilantro.

Serves 6

Nutrition per serving: 288 Calories; 25g Carbohydrates; 12g Fat, 20g Protein, 483mg sodium