

chicken soup mexicana



INGREDIENTS

- 1 Tbsp canola oil 15 mL
- 2 cloves garlic, minced
- 1 medium onion, sliced
(1 cup/250 mL)
- 4 celery stalks, sliced
(1 cup/250 mL)
- 1/8 tsp ground black pepper 0.5 mL
- 2 tsp cumin 10 mL
- 1 tsp red pepper flakes 5 mL
- 8 cups low-sodium chicken stock 2 L
- 2/3 cup lentils 150 mL
- 1 can (19 oz) no salt added tomatoes,
chopped 540 mL
- 3 medium carrots, thinly sliced
(about 1 cup/250 mL)
- 2 lbs cooked chicken, cubed 1 kg
(about 7 cups/1.75 L)
- 1 small zucchini, thinly sliced
(about 1/3 cup/75 mL)
- 1 cup frozen peas 250 mL
- 1 small avocado, peeled and sliced
(about 1/2 cup/125 mL)

INSTRUCTIONS

- 1 In Dutch oven, heat canola oil. Add garlic, onion and celery. Sauté until vegetables are tender. Season with black pepper, cumin and red pepper flakes.
- 2 Add chicken stock, lentils, tomatoes and carrots. Simmer, covered, 30 minutes, or until carrots are tender. Add chicken, zucchini and peas. Cover and simmer 10 to 15 minutes longer, or until vegetables are tender. Garnish with avocado slices.

All of your favorite Mexican flavors mix together in this soup while the canola oil and avocado supply healthy fats. ¡Muy delicioso!

YIELD: 10 servings **SERVING SIZE:** 2 cups (500 mL)

NUTRITIONAL ANALYSIS Per Serving: Calories 270, Total Fat 6 g, Saturated Fat 1g, Cholesterol 75 mg, Carbohydrates 17 g, Fiber 6 g, Sugars 5 g, Protein 35 g, Sodium 170 mg, Potassium 571 mg

cucumber and black bean salsa salad



INGREDIENTS

- 1 large cucumber, diced
(about 1 1/2 cup/375 mL)
- 1 cup sweet grape cherry tomatoes,
halved 250 mL
- 1 (15oz/443 mL) can black beans,
rinsed and drained
- 1/4 cup finely chopped
red onion 60 mL
- 1 medium green bell pepper,
seeded and finely chopped
(about 1/2 cup/125 mL)
- 1 medium jalapeno, seeded
and minced (optional)
(about 1/4 cup/60 mL)
- 1/4 cup chopped fresh cilantro
leaves 60 mL
- 1 medium lime, zested and juiced
(about 2 Tbsp/30 mL zest
and 1/4 cup/ 60 mL juice)
- 2 tsp cider vinegar 10 mL
- 1 Tbsp canola oil 15 mL
- 1/4 tsp pepper 1 mL

INSTRUCTIONS

- 1 In medium bowl, combine cucumber, tomatoes, beans, onion, peppers, cilantro, lime zest and juice, vinegar, canola oil and pepper.
- 2 Toss gently yet thoroughly to blend. Serve immediately or cover and refrigerate up to 4 hours to blend flavors.

Fresh cucumber, tomatoes, bell pepper and cilantro combined with black beans creates a terrific salad.

YIELD: 10 servings **SERVING SIZE:** 1/2 cup (125 mL)

NUTRITIONAL ANALYSIS Per Serving: Calories 70, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 11 g, Fiber 4 g, Sugars 2 g, Protein 3 g, Sodium 10 mg, Potassium 231 mg