Chicken Tortilla Soup

**Ingredients**

- 4 corn tortillas cut in strips
- 2 1/2 tablespoons canola oil
- 1 1/2 cup red or green salsa
- 2 1/2 (10.75 ounce) cans chicken broth
- 2 cups cooked chicken breast, cubed
- 1 cup yellow corn, drained
- 1 cup black beans, canned, drained & rinsed
- 1 red pepper, diced, sautéed
- 1 large zucchini, cut lengthwise and in fours, sautéed
- sour cream (optional)

**Directions**

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, corn, black beans, red pepper (sautéed), and zucchini (sautéed); heat all the way through.

Makes 6 servings

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