Spanish Salad

Makes: 6 servings of 1 cup each
Preparation time: 30 minutes

Ingredients:
½ Tbsp olive oil
1 chicken breast
8 oz cream, low-fat
1 large tomato
1 large onion
1 chili poblano, fresh
1 can of corn, 15 oz drained
½ tsp chicken consommé
Pepper
Note: Plain low-fat yogurt can be used instead of cream.

Instructions:
1) Put the chicken in a pot of water. Bring to boil and then simmer for 20 minutes. Remove and shred the chicken.
2) Chop the onion, tomato, and chili poblano finely.
3) Put oil in a fry pan and fry the onion until tender.
4) Fry the tomato and chili the same way.
5) Add the shredded chicken and stir until chicken coated with tomato and chile.
6) Add the cream. Allow mixture to cook for 1 minute.
7) Add the corn and consommé.
8) Sprinkle pepper on top.

Nutrition Facts

- Calories: 130 (5% of daily value)
- Total Fat: 2g (3% of daily value)
- Saturated Fat: 0.5g (3% of daily value)
- Trans Fat: 0g
- Cholesterol: 15mg (6% of daily value)
- Sodium: 250mg (10% of daily value)
- Total Carbohydrate: 10g (5% of daily value)
- Dietary Fiber: 3g (12% of daily value)
- Sugars: 7g
- Protein: 8g

My Family’s Goal: We will try our best to

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