



Chicken and Quinoa Soup

Serves 6

1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes
4 cups fat-free, low-sodium chicken broth
1 large onion, chopped
3/4 cup water
1 medium carrot, sliced
3 large garlic cloves, minced
1 tablespoon chopped fresh thyme
1 medium dried bay leaf
1/4 teaspoon pepper
1/3 cup uncooked quinoa, rinsed well and drained
2 ounces sugar snap peas, trimmed and sliced diagonally

In a large saucepan, stir together the chicken, broth, onion, water, carrot, garlic, thyme, bay leaf, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer, partially covered, for 5 minutes.

Stir in the quinoa. Cook for 5 minutes.

Stir in the peas. Cook for 5 to 8 minutes, or until the quinoa is tender and the chicken is no longer pink in the center. Discard the bay leaf before serving the soup.

Nutritional Analysis

Serving Size: 1 1/3 cups

Calories	154
Fat	2.5g
Saturated Fat	0.5g
Monounsaturated Fat	0.5g
Trans Fat	0.0g
Polyunsaturated Fat	0.5g
Cholesterol	48mg
Sodium	139mg
Carbohydrates	12g
Dietary Fiber	2g
Sugars	3g
Protein	20g

Diabetic Exchanges: 1/2 starch, 1 vegetable, 2 very lean meat