chicken tortilla



- 4 (6-inch) corn tortillas
- 1/2 cup chopped onion
- 3 boneless, skinless chicken breast halves (about 12 ounces)
- 1 garlic clove, pressed
- 1/4 teaspoon chill powder
- 1/4 teaspoon ground cumin
- 2 cans (141/2 ounces each) chicken broth
- 1 can (14½ ounces) diced tomatoes, undrained
- 1 can (4 ounces) chopped green chilies, undrained
- 4 teaspoons snipped fresh cilantro
- 1/2 .cup (2 ounces) shredded reduced-fat cheddar cheese
- 4 thick slices fresh lime (optional)
- Preheat oven to 400°F. Cut tortillas into ½-inch strips using Kitchen Shears. Place on flat Baking Stone. Bake 7-8 minutes or until crisp.
- Meanwhile, chop onion using Food Chopper. Cut chicken into ½-inch pieces using Chef's Knife. Heat Casserole (4-qt.) over medium-high heat. Spray with vegetable oil using Kitchen Spritzer. Add chicken; cook and stir 3 minutes. Add onion, garlic pressed with Garlic Press, chili powder and cumin. Cook and stir 2 minutes. Stir in broth, tomatoes and chilles. Bring to a boil. Reduce heat and simmer 10 minutes.
- 3. Snip cilantro using kitchen shears. Divide tortilla strips among 4 bowls. Ladle soup over tortillas using Nylon Ladle. Grate cheese over top with Deluxe Cheese Grater. Sprinkle soup with cilantro. Garnish each bowl with lime slice to squeeze juice into soup, if desired.

Yield: 4 servings