

Asian Style Chicken Soup



INGREDIENTS

4 chicken breasts (boiled w/o skin and shredded)
8 cups vegetable or fat free chicken broth
4 c shredded Chinese cabbage
1 c shredded spaghetti squash or zucchini
3 T Lite Soy Sauce
2 scallions, sliced thinly
1/4 c fresh cilantro leaves
1/4 c fresh basil leaves
1 c cherry or grape tomatoes, sliced in half
1 piece of fresh ginger, sliced thinly (about 1½")
2 garlic cloves, minced
Salt and pepper as desired

DIRECTIONS

Bring broth, soy sauce, ginger, and garlic to a boil in a large pot. Reduce heat and add Chinese cabbage and spaghetti squash or zucchini. Let it simmer about 5 minutes until tender. Add chicken and mix it through, allowing it to warm. Turn off heat and add scallions, cilantro, basil and tomatoes. Stir gently to combine with other ingredients. Serve hot.

*You may choose to spoon the soup into bowls and top with the scallions, cilantro, basil and tomatoes instead of mixing them through.