

Corn and Chicken Soup

6 oz	Chicken breast, uncooked
1/4 cup	Water
2 tsp	Soy sauce
1 tsp	Oil (Sesame, salad or cooking)
20 oz	Chicken broth
1 cup	Corn fresh or frozen
1/4 cup	ReddiEgg Real Egg Product



Finely chop chicken and place in a bowl. Combine water, soy sauce and oil to chicken. Cover and let sit at room temperature for about 20 minutes. In medium saucepan or wok, combine the chicken broth and corn; bring to boil. Add the chicken mixture, stirring constantly. Return to boiling. Reduce heat and simmer, uncovered, for about 2-3 minutes or until chicken is no longer pink, stirring often. Shake Egg Product well. Pour 1/4 cup slowly into hot chicken mixture in a steady stream while stirring. Remove from heat. Serve immediately. Makes 2 servings.

Calories = 217

Fat = 4 grams

Cholesterol = 49 milligrams