



Crawfish and Corn Soup

On a busy night, use this quick version of a rich, velvety popular soup made with basic ingredients.

Makes 8 (1-cup) servings

1/2 cup chopped onion
1/2 pound sliced mushrooms
1 (8-ounce) package reduced-fat cream cheese
2 (10 3/4-ounce) cans cream of potato soup
2 cups skim milk
2 cups frozen corn
1 (16-ounce) bag crawfish tails, rinsed and drained
Dash cayenne
1/2 cup chopped green onions

1. In a nonstick pot coated with nonstick cooking spray, sauté onion and mushrooms for 5 minutes or until tender.
2. Add cream cheese and potato soup, mixing until combined. Gradually add milk and corn, and cook over low heat until thoroughly heated.
3. Add remaining ingredients, cooking for about 10 minutes or until heated.

Nutritional Information per serving:

Calories 239 | Calories from fat 32% | Fat 9 g Saturated Fat 5 g | Cholesterol 103 mg | Sodium 816 mg
Carbohydrate 23 g | Dietary Fiber 2 g | Sugars 8 g | Protein 18 g
Diabetic Exchanges: 1 1/2 starch | 2 lean meat