

COUNTRY CHICKEN NOODLE SOUP

1 lb. boneless, skinless chicken breast halves, cut into bite-size pieces
2 Tbsp. Shedd's Spread Country Crock ® Spread
1 medium onion, chopped (about 1 cup)
2 ribs celery, sliced
2 large carrots, thinly sliced (about 1-1/4 cups)
1 can (11 oz.) whole kernel corn, drained
4 cups water
1 package Knorr ®/Lipton ® Chicken Pasta Sides made with Whole Grains
2 Tbsp. finely chopped fresh parsley



Cooking Directions:

1. Cook chicken in large saucepan with 1 tablespoon Spread over medium-high heat 6 minutes or until thoroughly cooked, stirring often. Remove from pan and set aside.
2. Add vegetables and remaining Spread and cook 5 minutes or until vegetables are tender, stirring often. Add water to saucepan and bring to a boil. Stir in Knorr ®/Lipton ® Chicken Pasta Sides made with Whole Grains and cook 8 minutes or until noodles are tender.
3. Return chicken to saucepan and heat through. Garnish with chopped parsley and season with salt and pepper if desired.

Serves: 8
Preparation Time: 15 *Minute(s)*
Cook Time: 18 *Minute(s)*

Nutrition Information per serving

Calories 180, Calories From Fat 30, Total Fat 3.5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 35g, Sodium 330g, Total Carbohydrate 22g, Dietary Fiber 3g, Sugars 3g, Protein 17g, Vitamin A 50%, Vitamin C 20%, Calcium 4%, Iron 8%