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SOUP Chicken and Capellini Soup

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	boneless chicken or turkey breast meat -- cut in bite sized pieces
2	tablespoons	butter
1/4	cup	minced onion
1	clove	garlic -- minced
1/4	teaspoon	salt
1/4	teaspoon	dried thyme
1/8	teaspoon	pepper
1	quart	chicken stock
1/16	cup	dry white wine
1	medium	carrot -- thinly sliced
2	ounces	capellini -- broken in pieces
2	cups	shredded Swiss chard leaves
1	medium	tomato -- seeded and chopped
		grated parmesan cheese

In the wok pan (or microwave, if Milo's around), melt the butter and saute the onion and garlic until soft, but not browned (2 to 3 minutes). Stir in the salt, thyme, pepper. Add the stock, wine and sliced carrot and cook until the carrot is tender (about 10 minutes).

Bring to a boil over high heat and add the capellini and the chard. Cook, uncovered, stirring often, until pasta is barely tender. Add the chicken, and simmer until pasta is al dente and chicken is white throughout. Add the tomatoes and let stand a minute or two to heat the tomatoes. Offer cheese to add to individual servings.

Yield: "2 quarts"

Per serving: 96 Calories (kcal); 6g Total Fat; (66% calories from fat); 2g Protein; 5g Carbohydrate; 16mg Cholesterol; 2349mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates