

Low-Point Spicy Fish Soup

Ingredients:

- 1 lb. Swai fish (You can use tilapia, Mahi-Mahi, or any white fish you desire)
- 1 Tbs plus 2 tsp. olive oil, divided
- salt and pepper
- 2 cloves of garlic, minced
- 3 green onions, chopped
- 1/4 cup red pepper, chopped
- 4 cups chicken broth
- 1, 14.5 oz. can dice tomatoes, undrained
- 1/4 cup asparagus, chopped small
- 1/2 tsp. yellow curry
- 1/8 to 1/4 tsp. cayenne pepper, depending on your desired spice level
- 6 large green olives or 12 small, chopped
- Fresh basil

Preheat oven to 400 degrees. Coat fish with 2 tsp. olive oil. Sprinkle with salt and pepper and bake for 15 min. (or until fish flakes with a fork).

While the fish is baking, in a large sauce pan heat 1 Tbs olive oil over medium-high heat. Add garlic, onion, and red pepper. Sauté for 1 minute, stirring frequently. Add chicken broth, dice tomatoes, asparagus, curry, cayenne pepper, and olives. Stir frequently until asparagus has softened a little. When fish is done baking, remove from oven, cut into pieces, and add to soup base. Garnish with fresh basil. Enjoy!

Total servings - 8 cups

Serving size - 1 cup

Points per serving - 2

Points plus per serving - 2.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Sometimes we need to break before we shine...
just like a glow stick." - Anonymous***