

Talking Points for Hearty Chicken Taco Soup

Suggestions from Denice Ferko-Adams.

Please feel free to adapt these points or use your own.

1. Think in Sound Bites
 - You will only grab people for a few moments. If you have some “bites”, you can keep repeating them.
2. Look Friendly—wear a colorful apron
 - Smile, make eye contact, and hold the book or some ingredients to draw people over to you.
3. Hook Them---use catch lines, like
 - Looking for a great gift---for that hard to shop for person on your list, for a hostess, for a food lover, etc.
 - It is possible to make meals that are not only nutritious, but quick & easy as well...let me show you how
 - I'm making a delicious, fast, easy soup today—would you like to see how it's made?
 - Dietitians love food and we love to eat—this cookbook makes it easy for you to make soups your whole family will love
4. Demonstration Comments—use your own style, but a few ideas:
 - This soup is the perfect recipe for someone who does not like to cook or has no time
 - All of the ingredients are convenience foods—canned beans, corn, pre-cooked chicken, etc.
 - Takes only as long as it does to open a few cans (can display all ingredients)
 - I have drained and rinsed the beans and corn...reducing the sodium level. (There is a misprint in the cookbook...the actual value should read 400 mg/svg. if the canned items are rinsed)
 - The 40% less sodium El Paso taco seasoning mix is a good choice to keep sodium but, not sacrifice taste.
 - Do not rinse tomatoes—you want to keep the juices. Tomatoes are an excellent source of vitamin C and phytochemicals like lycopene. Surprisingly, there is a higher concentration of lycopene in canned tomato products like these tomatoes, ketchup, etc.

- Back to the recipe—I placed all of the ingredients in the pot. Since the chicken is already cooked, you just need to let the flavors blend and heat the soup. You can add more water if the soup is thicker than you like.
- Toppings—you can top with cooked tortilla strips (all you do is spray a cookie tray, bake a tortilla for 5 minutes at 350 degrees, then use a pizza cutter to slice into strips).
- Other toppings—low fat sour cream, plain yogurt, grated cheese, scallions, etc.

5. Nutritional benefits*

- Fiber—8 grams/serving, meeting about 1/3 of the daily requirement. Americans often fall short of the 25-30 gram/day recommendation. importance of fiber
- Lean protein sources (21 grams/svg)—beans, chicken breast
- Lycopene from canned tomatoes—explain phytonutrients
- Sodium—the recipe in the book states 960 mg (publisher error) however, the actual content about 400 mg using low sodium taco seasoning & by **rinsing beans and corn**

6. VARIETY

- Can use white chicken breast as called for or...
- For a change, could use ground turkey or beef

7. CONCERNS ABOUT BEAN DIGESTION

- Can mention BEANO

*Per serving: Calories 324, Protein 21 g, Carbohydrates 41 g, Total Fat 9 g, Sat Fat 4 g, Cholesterol 39 mg, Fiber 8 g