

SALADS

HEALTHY CAULIFLOWER SALAD



This is a very nice salad that is healthy for you and has low calories.

Makes 7 servings

Per serving: 44.2 cal, 2.1g total fat, 0.7g saturated fat, 70.3mg cholesterol, 44.7mg sodium, 3.3g carbs, 1.1g dietary fiber, 1.6g sugar, 3.2g protein

Ingredients

2 cups cauliflower, cut in small florets steamed 2 minutes
3 hardboiled eggs, chopped
¼ cup sweet onion, minced
1 cup celery, chopped
¼ cup green pepper, chopped
¼ cup red pepper, chopped
Salt and pepper
1/3 cup mayonnaise

Directions

Mix all the ingredients. Chill before serving.

HEALTHY PASTA SALAD



This is a wonderful and nutritious salad for anyone to eat including vegetarians.

Makes 25 servings

Per serving: 105.5 cal, 0.7g total fat, 0.1g saturated fat, 0.1mg cholesterol, 95.4mg sodium, 22.2g carbs, 2.7g dietary fiber, 1g sugars, 4.3g protein

Ingredients

24oz whole wheat fusilli
½ chopped red bell pepper
1 cup chopped broccoli
1 cup chopped carrot
1/3 cup chopped onion
2 ¼ oz black olives (whole or halved)
2/3 cup fat-free Italian salad dressing

Directions

Boil pasta until al dente (about 10 minutes.). Add tablespoon of salt and tablespoon of olive oil. Drain pasta after fully cooked. Let pasta cool. Add bell pepper, broccoli, carrots, onions, and olives. Add dressing, toss, and serve! Dressing might need to be added later.

SOUP RECIPES

TOMATILLO SOUP



This is a soup that is healthy for you. You can spice it up or tame it down according to taste. If you cannot purchase fresh tomatillos at the grocery store, purchase canned tomatillos, drained and chopped. But, this soup will taste better with fresh ones instead.

Makes 6 servings.

Per serving: 159 cal, 10.1g fat, 7.4g carbs, 10.5g protein, 27mg cholesterol, 43mg sodium

Ingredients

- 2 skinless, boneless chicken breast halves, pounded thin
- 3 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1lb chopped tomatilloes
- 2 jalapeno peppers, seeded and minced
- 4 cups chicken stock
- ¼ teaspoon cayenne pepper
- ½ teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro
- ¼ cup sour cream
- salt to taste
- ground black pepper to taste

Directions

1. Heat oil over high heat in a large saucepan or Dutch oven. Saute chicken in oil until both sides are browned, approximately 2 minutes per side. Remove the chicken, and set aside.
2. Add onions and garlic to saucepan, and saute until golden. Stir in the tomatillos, jalapeno peppers, and broth. Bring to a boil. Reduce heat, cover the pot, and simmer for about 15 minutes.
3. Puree vegetables in batches in a blender or food processor. Return to pot, and reheat. At this point taste the soup; if not piquant enough, add cayenne pepper or pepper sauce.
4. Slice the chicken into thin slices, and then shred. Stir into soup. Season to taste with salt and pepper.
5. When ready to serve, stir in the minced cilantro and ladle into bowls. Put a dollop of sour cream on top of each portion, and let it melt a bit. Top each dollop with a single cilantro leaf, and serve immediately.

CREAMY VEGETABLE SOUP



This is a very hearty and flavorful soup.

Makes 12 servings.

Per serving: 133 cal, 5.1g fat, 18.5g carbs, 4.1g protein, 16mg cholesterol, 930mg sodium.

Ingredients

- 1 onion, chopped
- ¼ cup butter, melted
- 3 sweet potatoes, peeled and diced
- 3 zucchini, chopped
- 1 ½ cup fresh broccoli
- 3 (14oz) cans chicken broth
- 2 potatoes, peeled and shredded
- ½ teaspoon celery seed
- 2 teaspoons salt
- 1 teaspoon ground cumin
- 2 cups milk

Directions

In a slow cooker stir together the onion, butter or margarine, sweet potatoes, zucchini and broccoli. Pour in the chicken broth and stir. Add the potatoes, celery seed, salt and ground cumin and stir. Cover and cook on low for 8 to 10 hours. Add the milk and cook for 30 minutes to 1 hour. Serve.