

RECIPES

Broccoli and Cauliflower Soup



Ingredients (4 serving)

1 cup chopped broccoli
 1 cup chopped cauliflower
 1/4 cup chopped onion
 1/2 cup low-fat, low-sodium chicken broth
 1 cup skim milk, divided
 1 teaspoon cornstarch
 1/4 cup (about 1 1/2 ounces) finely
 chopped cooked lean ham
 1/8 teaspoon ground black pepper
 2 tablespoons shredded Swiss or
 cheddar cheese

Healthy add-in: chopped green onion,
 diced red pepper (add in Step 2).

Nutrition Information per serving

70 calories, 2 g fat, 1 g sat fat, 7 g protein,
 7g carbohydrate, 1 g fiber, 190 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. In a covered saucepan, boil broccoli, cauliflower and onion gently in the chicken broth until tender, about 3 minutes. Remove from heat.
3. Pour half of the mixture and 1/2 cup skim milk into a blender. Hold lid down and blend until smooth.
4. Return blended mixture to pan.
5. In a jar with a tight-fitting lid, place 1/2 cup skim milk. Add cornstarch and shake well. Pour into soup mixture.
6. Add ham and pepper to mixture. Boil over medium heat about 5 minutes, stirring occasionally.
7. Blend in cheese and stir until melted. Serve hot.

CAULIFLOWER

Choose: cauliflower that is creamy white with densely packed florets that are free of blemishes, browning or wet spots. Smell it. If the cauliflower has a strong smell, it's past its prime.

Store: Place in a sealed plastic bag with a paper towel tucked in to absorb any excess moisture. Whole heads will keep in the refrigerator 4-7 days. Precut florets will keep no more than 4 days.

How much? 1 medium head = 2-3 pounds.