



Crispy Potato Roast

3 Tbsp olive, canola, or vegetable oil
3 lbs. russet or Yukon Gold potatoes
2 onions, thinly sliced lengthwise
½ tsp salt
½ tsp red pepper flakes
Several whole sprigs of thyme

1. Preheat oven to 375°F. Brush the bottom of a baking dish with about 1 Tbsp of oil. Sprinkle baking dish with salt and red pepper flakes.
2. Peel the potatoes. Using a sharp knife, slice the potatoes very thinly crosswise. Arrange vertically in the baking dish. Wedge the onion slices between potatoes throughout the dish. Brush potatoes with the rest of the oil.
3. Bake for 1¼ hours. Lay the thyme sprigs atop the potatoes and bake for another 35-45 minutes, until potatoes are crispy and browned on top. If potatoes are browning too much, cover with foil until baking is complete. Serve immediately.



Makes: 8 servings

Nutrition Information:

CALORIES 170 (26% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 29g; FIBER 5g; PROTEIN 3g; CALCIUM 2%; IRON 6%



Hot and Sour Cabbage Soup

1 small onion, minced
8 ounces cabbage (about the size of a grapefruit)
15 ounces diced canned tomatoes
6 cups fat free, low sodium chicken or vegetable broth
15 ounces canned straw mushrooms, undrained
¼ cup low sodium soy sauce
1/3 cup rice vinegar
1 tsp red pepper flakes
½ tsp salt
Black pepper, to taste
1 tsp olive, canola, or vegetable oil



1. Heat oil in a large soup pot over medium heat. Add onion and sauté until soft.
2. Quarter the cabbage, remove the core, and shred with a large chef's knife. Add tomatoes, cabbage, undrained mushrooms, and broth to the pot. Stir well.
3. Add the soy sauce, vinegar, chili flakes, salt, and pepper. Bring to boil, cover, then reduce heat to a simmer. Simmer for 20 minutes or until cabbage is the desired tenderness.

Makes: 6 servings

Nutrition Information:

CALORIES 90 (6% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 460mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 5g; CALCIUM 4%; IRON 10%