



Creamy Radish Soup

- 2 tablespoons extra-virgin olive oil
- 2 cups sliced radishes (from 2 bunches), divided
- 1/2 cup chopped onion
- 1 medium potato (~8 oz), peeled, cut in 1-inch cubes
- 2 cups low-fat milk
- 1/2 teaspoon salt
- 1/4-1/2 teaspoon white or black pepper
- 1/4 cup reduced-fat sour cream
- 1 tablespoon chopped fresh radish greens or parsley

1. Heat oil in large saucepan over medium-high heat. Add 1 3/4 cups radishes and onion and cook, stirring frequently, until the onions begin to brown and radishes are translucent (~5 min). Add potato, milk, salt and pepper to taste.
2. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender (~5 more min).
3. Working in batches, puree the mixture in a blender until smooth.
4. Slice remaining 1/4 cup radishes into matchsticks. Serve each portion with 1 tablespoon sour cream, radish matchsticks and a sprinkling of radish greens (or parsley).



Makes: 4 servings

Nutrition Information:

CALORIES 140 (25% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 380mg; CARBOHYDRATE 22g; FIBER 2g; PROTEIN 7g; CALCIUM 20%; IRON 4%



Roasted Garlic Sesame Broccoli

- 8 small heads of broccoli
- 1.5 tbs sesame oil
- 1 tbsp soy sauce
- 1/2 tsp sesame seeds
- 3 garlic cloves, minced
- sprinkling of crushed red pepper flakes

1. Pre-heat the oven to 350F.
2. Chop the broccoli and transfer to a large bowl.
3. In a small bowl, whisk together the remaining ingredients.
4. Drizzle the sauce over the broccoli and mix well to coat.
5. Bake at 350F for 20-25 minutes, halfway through, stir and rotate.
6. Serve hot.



Makes: 4 servings

Nutrition Information:

CALORIES 260 (27% from fat); FAT 8g (sat 1g); CHOLESTEROL 0mg; SODIUM 490mg; CARBOHYDRATE 42g; FIBER 16g; PROTEIN 18g; CALCIUM 30%; IRON 25%