



Lentils & Collard Greens

- ½ bunch of collard greens
- 2 cups of French or black lentils, rinsed and drained
- ½ cup cauliflower, broken into very small florets
- 1 small shallot, finely chopped
- 5 cups chicken stock, vegetable stock, or water
- 2 Tbsp ground cardamom or smashed cardamom pods
- ½ Tbsp ground cumin or whole cumin seeds
- 1 bay leaf
- 2 Tbsp olive or vegetable oil
- Ground pepper, to taste
- 3 Tbsp plain, fat free yogurt (optional)



1. In a saucepan over low heat, toast the cardamom and cumin until fragrant, about 30-60 seconds
2. Add 2 cups of stock or water and the bay leaf, bring to a simmer. Remove from heat, cover and set aside for 45 minutes. Strain the stock and discard the solids.
3. Bring a large pot of water to a boil. Add collard greens and cook until bright green, about 30 seconds. Drain, rinse with cold water, and pat dry. Slice into thin strips and set aside.
4. Place lentils in a saucepan. Add the reserved and remaining 3 cups of stock. Bring to a gentle boil, remove from heat, cover and set aside for 20 minutes, then drain.
5. Heat oil in a large skillet over medium heat. Add the cauliflower, cook until lightly browned. Add the shallot, cook for 2 minutes. Add lentils, collard greens and yogurt, season with pepper.

Makes: 8 servings

Nutrition Information:

CALORIES 240 (19% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 30mg; CARBOHYDRATE 36g; FIBER 9g; PROTEIN 15g; CALCIUM 20%; IRON 25%



Potato-Leek Bisque

- 3 pounds of leeks, white and light green parts only, sliced
- 1½ pounds white potatoes, peeled and diced
- 2 Tbsp olive or vegetable oil
- 3 cups fat free milk
- 2 cups reduced-sodium chicken broth
- 3 Tbsp lemon juice
- Ground pepper, to taste
- ½ teaspoon salt, divided
- Fresh chives, thinly sliced for garnish (optional)

1. Place leeks and ¼ tsp of salt in a large pot. Cook until tender but not brown, stirring occasionally, for 20-30 minutes. Add a bit of water to prevent sticking, if necessary.
2. Add potatoes, milk, and broth. Bring to a simmer (do not boil) and cook until potatoes are tender, 10-15 min.
3. Remove from heat and puree in batches in a blender. (Use caution when pureeing hot liquids. If a blender is not available, mash soup with a potato masher).
4. Season with lemon juice, pepper, and remaining ½ tsp of salt. Garnish with chives, if desired.



Makes: 8 servings

Nutrition Information:

CALORIES 240 (17% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 240mg; CARBOHYDRATE 45g; FIBER 4g; PROTEIN 9g; CALCIUM 25%; IRON 25%