



Russian Borscht

- 1½ cups beets, cut into ½ inch cubes
- 1 medium russet potato, peeled and diced
- 1 medium onion, chopped
- 1 Tablespoon fresh chopped parsley
- 1 Tablespoon horseradish
- 1 Tablespoon olive, canola, or vegetable oil
- 2 cups reduced sodium vegetable broth
- 2 teaspoons red-wine vinegar
- ¼ cup fat free sour cream
- ¼ teaspoon pepper



1. Trim beet greens , peel beets, and cut into ½ - 1 inch thick cubes. Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10-15 minutes.
2. Heat oil in a large saucepan over medium heat. Add onion and stir for about 4 minutes.
3. Add broth, potato, and pepper, bring to a boil. Reduce heat to a simmer, cover and cook until the potato is just tender, about 8 minutes.
4. Add beets and vinegar, return to a boil. Cover and continue to cook 2-3 minutes more.
5. Combine sour cream and horseradish in a small bowl. Serve soup with a dollop of this mixture and a sprinkle of parsley.

Makes: 4 servings

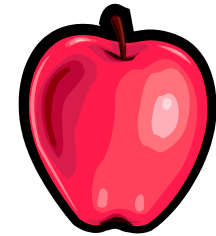
Nutrition Information:

CALORIES 130 (27% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 125mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 3g; CALCIUM 6%; IRON 6%



Apple-Sage Wild Rice Stuffing

- 1 medium red apple, halved, cored, and diced
- 1 cup diced celery
- 1 cup diced onion
- ½ cup dried unsweetened cranberries
- 1 medium jalapeno pepper, seed (if desired), and finely chopped, or ¼ teaspoon dried red pepper flakes
- 1 Tablespoon chopped fresh sage, or 1 teaspoon dried rubbed sage
- 2 ounces chopped pecans
- 1 teaspoon canola or vegetable oil
- 1 cup hot cooked brown rice
- ½ cup hot cooked wild rice
- ½ teaspoon salt



1. Heat a large pot over medium-high heat. Add the pecans and dry cook, stirring frequently, for 2-3 minutes or until just beginning to brown. Set aside.
2. Heat oil over medium heat. Cooked celery and onions, stirring occasionally for 8 minutes, or until just beginning to brown.
3. Add apples and cook for 4 minutes, or until tender.
4. Stir in pecans and remaining ingredients and cook, stirring occasionally, for 3-4 minutes.

Makes: 8 servings

Nutrition Information:

CALORIES 140 (36% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 2g; CALCIUM 2%; IRON 2%