



## Roasted Spaghetti Squash with Herbs

- 1 (4 lbs) spaghetti squash, halved lengthwise and seeded
- 1½ cup low-sodium chicken or vegetable broth
- 2 large sprigs rosemary
- 2 large sprigs sage
- 2 Tbsp olive or vegetable oil
- 2 Tbsp chopped parsley
- ½ tsp salt
- Pepper to taste

1. Preheat oven to 375°F. Pour broth into a 9 x 13" baking dish. Bruise rosemary and sage sprigs with the back of a knife, and toss them into the broth.
2. Arrange squash in a dish, hollow sides down, and roast until the rind gives easily when pressed, 35 to 45 minutes. Be careful not to overcook the squash; it will become too soft and soggy.
3. Transfer squash to a large plate, hollow sides up, and set aside until cool enough to handle.
4. Using a fork, scrape squash out of rind and transfer to a large bowl. Add oil, parsley, salt and pepper, and toss gently. Serve immediately.



Makes: 6 servings

### Nutrition Information:

CALORIES 130 (35% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 280mg; CARBOHYDRATE 20g; FIBER 4g; PROTEIN 2g; CALCIUM 8%; IRON 6%



## Collards & Black-Eyed Pea Soup

- 1 Tbsp oil or vegetable oil
- 1 large onion, diced
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 5 cloves garlic, 4 sliced and 1 whole, divided
- 1 sprig fresh thyme
- ¼ tsp crushed red pepper, or to taste
- 4 cups reduced-sodium chicken broth
- 1 15oz can diced tomatoes
- 5 cups chopped collard greens or kale (about 1 bunch), tough stems removed
- 1 15oz can black-eyes peas, rinsed
- 6½-in-thick slices baguette, preferably whole grain
- ¼ c shredded Gruyere or Swiss cheese, fat free (optional)



1. Heat oil in Dutch oven over med heat. Add onion, carrot and celery and cook, stirring, until tender, 5-7 min.
2. Add sliced garlic, thyme, and crushed red pepper and cook, stirring, until fragrant, about 25 seconds.
3. Increase heat to high and add broth, tomatoes and their juice. Bring to a boil, scrape up any browned bits.
4. Stir in greens. Reduce heat to a simmer and cook, stirring occasionally, until greens are tender, 5-10 minutes. Discard the thyme sprig. Stir in black-eyes peas. Remove from heat and cover.
5. Position rack in upper third of oven. Preheat broiler. Place baguette slices on a baking sheet. Lightly toast for 2-4 minutes. Rub each slice with garlic clove. Top the slices with cheese (if desired), and broil until cheese is melted, 1-3 minutes. Serve with the soup.

Makes: 6 servings

### Nutrition Information:

CALORIES 190 (16% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 230mg; CARBOHYDRATE 32g; FIBER 6g; PROTEIN 10g; CALCIUM 30%; IRON 10%