



Garden Barley Soup

- 1 can (46 ounce) tomato juice
- 1 can (10 1/2 ounce) beef broth
- 1/3 cup regular barley
- 1/4 cup sugar
- 1 Tablespoon Worcestershire sauce
- 1 bay leaf
- 1/2 teaspoon crushed thyme leaves
- 1/4 teaspoon salt
- 2 cups coarsely chopped zucchini
- 1 medium chopped tomato
- 1/2 cup green pepper



1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Makes: 6 servings

Nutrition Information:

CALORIES 130 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg;
CARBOHYDRATE 29g; FIBER 4g; PROTEIN 5g; CALCIUM 4%; IRON 10%



Nutty Brussels Sprouts

- 3 cups Brussels sprouts (fresh or frozen)
- 3 tablespoons red wine vinegar
- 3 tablespoons honey
- 1 tablespoon onion, chopped
- 1 tablespoon Dijon mustard
- 1/3 cup olive oil
- salt and pepper, to taste
- 3/4 walnuts or pecans, chopped

1. Remove loose or discolored leaves from the sprouts. Cut an X with a paring knife through the stem end to assure even cooking.
2. Steam for about 8-10 minutes or until just tender.
3. Meanwhile, combine remaining ingredients, except nuts.
4. Drain sprouts before tossing them with vinaigrette and adding nuts.

Makes: 6 servings



Nutrition Information:

CALORIES 260 (190 from fat); FAT 22g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 120mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 6%