



Minestrone Soup

- 1 teaspoon vegetable oil
- 1/2 medium onion, chopped
- 1 clove garlic, minced
- 1 medium potato, peeled and cubed
- 1 carrot, sliced
- 1/2 teaspoon oregano
- 1/4 teaspoon ground black pepper
- 2 cups water
- 1 cup cooked kidney beans
- 1 cup no-salt canned tomatoes
- 1/4 cup rotini or elbow macaroni
- 1 small zucchini, sliced



1. Heat oil in a frying pan. Cook onion and garlic in the oil until golden.
2. Add potatoes, carrots, spices, and water. Cook at low heat for 15 minutes.
3. Add beans, tomatoes, macaroni and zucchini. Boil for 15-20 minutes or until the macaroni and vegetables are cooked.

Makes: 4 servings

Nutrition Information:

CALORIES 160 (10 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 45mg; CARBOHYDRATE 31g; FIBER 7g; PROTEIN 7g; CALCIUM 6%; IRON 15%



Kale and Squash Mash-Up

- 1/2 butternut squash, peeled, seeded and cut into 1/2 inch cubes (about 3 cups)
- 1/2 bunch kale, washed and chopped (about 5 cups)
- 1 small onion, chopped (about 3/4 cup)
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1 1/2 cups diced fresh tomatoes or 1 1/4 cups apple cider
- Water
- 1 tablespoon vegetable oil

1. Heat oil in frying pan on medium. Add onion and garlic.
2. Sauté 3 minutes or until onion is soft.
3. Stir in squash cubes and sauté 1 minute.
4. Add tomato (or cider). Cover pan, increase heat to medium -high, and bring to a boil. Adjust heat to simmer.
5. Cook 10-15 minutes, or until squash is tender.
6. Add kale. Cover and cook another 5 minutes.

Makes: 5 servings

Nutrition Information:

CALORIES 120 (30 from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 21g; FIBER 4g; PROTEIN 4g; CALCIUM 15%; IRON 10%

