



RECIPE OF THE WEEK

CHEESY BROCCOLI & POTATO SOUP

2 teaspoons olive oil

½ onion, chopped

1 medium potato, peeled & diced into ½ in. pieces

3 cups broccoli, chopped

3 cups low sodium vegetable stock

1 cup lowfat Monterey Jack cheese, shredded

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1. In a large stockpot, heat oil, and sauté the onions for 5 to 7 minutes over low to medium heat. Add potatoes, broccoli and stock; bring to boil. Reduce to a simmer and cook, covered, for 12 to 15 minutes or until broccoli and potatoes are tender when pierced with a fork.
 2. Remove the mixture from stovetop; allow to cool a bit. Pour the mixture and cheese into a blender; puree.

NUTRITION FACTS:

Calories: 170

Protein: 13 grams

Total Fat: 9 grams

Total Carbohydrates: 13 grams

Sodium: 377 mg.

Fiber: 3 grams

Makes 4 servings

FOOD FOR THOUGHT:

Don't give up what you want the MOST, for what you want at the MOMENT.
-Anonymous