Menu

Red Lentil Soup

Serves 8
2 cups red lentils
1 large onion, diced
2 carrots, chopped
3 celery ribs, chopped
2 1/2 quarts chicken broth
1/2 tsp. salt
1/4 tsp. red pepper
1 tbsp. cumin

Pick over the lentils, discarding any small stones or other debris. Bring chicken broth to boil. Add the lentils, onions, carrots and celery. Lower the heat, cover and simmer for about 20-25 minutes. The lentils will disintegrate into a pale yellow cream. Add the salt, red pepper or paprika and cumin and stir. Serve immediately.

Nutritional analysis: Per serving: (1/8 of recipe)

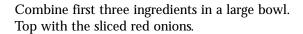
Calories: 125 Protein: 11g Fat: 1g

Carbohydrate: 18g Sodium: 990mg Cholesterol: 1 mg

Fiber: 4 g

Spinach Salad

Serves 6
1 lb. spinach, washed
2 tomatoes, chopped
1 large cucumber chopped
1/2 red onion,thinly sliced



Nutritional analysis: Per serving (1/6 of recipe)

Calories: 27 Protein: 2 g Fat: 0 g

Carbohydrate: 7g Sodium: 48 mg Cholesterol: 0 Fiber: 2 g

Dijon Dressing

Makes 1 cup.
2/3 cup olive oil
1/3 cup balsamic vinegar
1 tsp. sugar
1 tsp. Dijon mustard
1/2 tsp. salt
pepper to taste
1 clove garlic, minced

In jar, with tight-fitting lid, place all ingredients. Cover; shake until well mixed. Refrigerate at least 2 hours to blend flavors.

Nutritional analysis: Per 1 tablespoon Calories: 81 Protein: 0

Fat: 9 g

Carbohydrate: 0 Sodium: 77 mg

Fiber: 0

Toou Vegetable Stir-Fry

Serves 4

1 lb. firm tofu, drained and cut into 1/2 inch cubes

Marinade:

1/2 cup lite soy sauce 1 1/2 tsp. ginger, minced

1 1/2 tsp. garlic, minced

2 tbsp. olive oil

1 tbsp. sesame oil1 1/2 tsp. garlic, minced

1 1/2 tsp. ginger, minced

1/2 cup carrots, julienne

1/2 cup celery, sliced

1/2 cup cabbage, bite size pieces

1/2 cup broccoli florets

1/2 cup snow peas

1/2 cup bean sprouts

1/2 cup mushrooms, sliced

1/2 cup red pepper, sliced

1/4 cup water chestnuts

1 tsp. cornstarch

2 green onions, chopped

Combine tofu, soy sauce, garlic and ginger in a bowl and let marinade for 10 minutes. Then drain the tofu, set aside. Save the marinade in a bowl and add 1 tsp. cornstarch to it. Stir until blended. Save for use later.

Combine the olive and sesame oils in a large frying pan and heat. Add the tofu and stir-fry. Remove the tofu and add the remaining garlic and ginger. Add the carrots, celery, cabbage, broccoli, snow peas, bean sprouts, mushrooms, red pepper and water chestnuts and stir-fry. Add a small amount of water if needed. When the vegetables are cooked, return the tofu to the stir-fry. Add the marinade with cornstarch mixture until heated through.

Top with chopped green onions.

Nutritional analysis: Per serving (1/4 recipe)

Calories: 260 Protein: 16 g Fat: 16 g

Carbohydrate: 9.3g Sodium: 993 mg Cholesterol: 0 Fiber: 7 g

