

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

Combine first three ingredients in a large bowl.

Top with the sliced red onions.

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

Tofu 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 oil
1 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 marinate 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



