

## Country Mushroom Soup

- 1 large Vidalia onion, thinly sliced
- 1/3 cup brown rice
- 1/4 cup wild rice
- 6 cups (low-sodium) vegetable or chicken broth
- 1 pound fresh mushrooms
- 1 pound fresh baby portabella mushrooms
- 2 tablespoons extra virgin olive oil
- 2 cloves crushed garlic
- 1 cup matchstick carrots
- 1/4 cup dry sherry, optional
- 1 tablespoon fresh-chopped parsley (or 1 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper



In a large saucepot, combine garlic, onion, brown rice, wild rice and broth. Bring to a boil. Cover, reduce heat and simmer for 25 minutes.

Meanwhile, wash and scrub mushrooms. Chop half the mushrooms and slice the other half.

Coat a large deep skillet with nonstick cooking spray. Place over medium heat. Add oil and heat. Add garlic and mushrooms. Gently cook mushrooms for about 10 to 15 minutes or until golden brown and most of the moisture has evaporated.

Add mushrooms and carrots to simmering broth. Stir in sherry and parsley; season with salt and peppers. Simmer for 10 minutes. Adjust seasonings. Makes 6 servings (approximately 1-1/2 to 2 cups per serving).

**Nutrition Facts:** Calories 158, Protein 6.8 gm, Carbohydrate 25.2 gm, Dietary Fiber 3 gm, Fat 3.2 gm, Saturated Fat 0.5 gm, Sodium 355 mg

## Vegetable Chop Suey

- 1 tablespoon (low-sodium) soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons dry white wine
- 1/2 cup water
- 1 packet (low-sodium) vegetable-flavor instant bouillon
- 1 tablespoon peanut oil
- 1 clove crushed garlic
- 1 tablespoon minced ginger root
- 1 large red bell pepper, seeded and sliced
- 1 head bok choy or Nappa cabbage, coarsely shredded
- 6 green onions, chopped
- 2 celery ribs, sliced
- 3 cups sliced fresh mushrooms
- 3 cups fresh bean sprouts



In a small bowl, combine soy sauce, cornstarch, wine, water and vegetable bouillon. Set aside. Wash, drain and prepare all vegetables.

Coat a wok or large skillet with nonstick cooking spray. Heat wok over high heat. Add oil and heat oil. Add garlic and ginger root; stir-fry for 30 seconds.

Add red pepper, bok choy, green onions and celery and stir-fry for three minutes. Add mushrooms and continue stir-frying for two minutes. Add bean sprouts and sauce mixture. Cook and stir until sprouts soften slightly, about two minutes. Serve over brown rice. Makes four servings (approximately two cups per serving).

**Nutrition Facts:** Calories 211, Protein 7.7 gm, Carbohydrate 36.5 gm, Dietary Fiber 4.4 gm, Fat 4.8 gm, Saturated Fat 0.6 gm, Sodium 192 mg

## Broiled Bananas Dessert

- 4 pitted dates
- 1/2 cup 100% orange juice concentrate
- 1 teaspoon almond extract, optional
- 2 tablespoons lite whipped butter
- 4 medium ripe bananas, peeled
- 1/3 cup chopped pecans



In a small food processor or blender, combine orange juice, dates and almond extract. Pulse to chop dates. Set aside.

Coat a baking dish or cast iron skillet with nonstick cooking spray. Add butter and place under broiler until melted.

Cut bananas in half; then split each half lengthwise. Arrange bananas, cut side up, in baking dish over melted butter. Pour orange juice mixture over bananas.

Place bananas under broiler for four minutes. Sprinkle pecans over bananas and return to broiler for one to two additional minutes or until pecans are toasted. Serve plain, garnish with low-fat whipped topping or top with low-fat ice cream. Makes four servings.

**Nutrition Facts:** Calories 194, Protein 2.1 gm, Carbohydrate 37.3 gm, Dietary Fiber 3.0 gm, Fat 5.5 gm, Saturated Fat 1.7 gm, Sodium 30 mg

## Cauliflower Popcorn

- 1 head cauliflower
- 4 tablespoons olive oil
- 1 teaspoon salt, to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3 tablespoons finely grated Parmesan cheese



Preheat oven to 425° F. Trim the head of cauliflower, discarding the core and thick stems; cut florets into pieces about the size of ping-pong balls.

In a large bowl, combine the olive oil, salt, garlic powder and onion powder, whisking to blend. Add the cauliflower pieces and toss thoroughly.

Coat a large baking sheet with nonstick cooking spray. Or for easy clean-up, line a baking sheet with parchment. Spread the cauliflower pieces on the sheet and roast for one hour, turning three or four times, until most of each piece has turned golden brown. (As the cauliflower pieces brown, they are caramelizing, which makes them taste sweet.)

Toss the cauliflower and Parmesan cheese together in a large serving bowl. Serve immediately.

**Nutrition Facts:** Calories 85, Protein 2 gm, Carbohydrate 4 gm, Dietary Fiber 2 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 320 mg

## Pristine Pears Christine

4 large ripe Bosc pears

1/4 cup crumbled gorgonzola cheese

16 pecan halves



Wash pears and cut in half lengthwise. Cut out core. Place pears cut side up in a broiler-safe pan or skillet.

Divide gorgonzola cheese evenly between the eight pear halves. Place two pecan halves on each pear half.

Broil prepared pears, close to heat source, until cheese begins to melt. Serve warm. Pears will soften and cook slightly. Makes 4 servings (2 halves per serving).

**Nutrition Facts:** Calories 152, Protein 3 gm, Carbohydrate 24 gm, Dietary Fiber 4 gm, Fat 6 gm, Saturated Fat 2 gm, Sodium 115 mg

## Caramelized Onions

- 4 large Vidalia onions
- 2 teaspoons olive oil
- Dash salt
- Dash ground black pepper
- Dash garlic powder



Slice onions into thin slices.

Coat a large skillet with nonstick cooking spray. Place skillet over high heat; add oil and heat. Add onion slices and sauté, separating into rings during stirring. Continue sauteeing until onions are dark golden and caramelized—about 15 to 20 minutes. Do not cover. Reduce heat during the caramelization process or recoat skillet with nonstick cooking spray, if necessary, to prevent sticking. Season before serving. Makes four servings.

**Nutrition Facts:** Calories 60, Protein 1 gm, Carbohydrate 9 gm, Dietary Fiber 2 gm, Fat 2 gm, Saturated Fat trace, Sodium 70 mg