

Chickpea Soup with Mini Meatballs

Preparation

6 servings
 Serving size: 1 1/2 cups
 Prep time: 20 minutes
 Cooking time: 45 minutes

1. Heat the oil in a large pot over medium heat. Reduce the heat to medium low. Add the carrot, onion, and celery, & sauté for 7 to 8 minutes. Add the garlic & rosemary, & sauté for 2 minutes.
2. Add in the chickpeas, broth, & tomatoes, bring to a boil. Lower the heat, and simmer for 25 minutes.
3. Meanwhile, make the meatballs. Combine all the meatball ingredients in a medium bowl, & form into small meatballs, about 1 Tbsp. each. Coat a large nonstick skillet with cooking spray over medium-high heat. Add the meatballs & sauté on all sides for 4 to 5 minutes, or until cooked through.
4. Add the meatballs to the soup, & season well with salt and pepper.



Ingredients

2 tsp. olive oil
 1 large carrot, diced
 1 large onion, diced
 2 celery stalks, diced
 2 garlic cloves, minced
 2 tsp. dried rosemary
 2 cans (15 oz. each) chickpeas, drained & rinsed
 3 1/2 cups low-fat, reduced-sodium chicken broth
 1 can (14.5 oz.) diced tomatoes
 Salt and pepper to taste*

Mini Meatballs

1/2 lb. lean (93%) ground beef
 2 1/2 Tbsp. plain dry bread crumbs
 2 Tbsp. cold water
 1 garlic clove, minced
 1 scallion, minced
 Salt and pepper to taste

Nutrition Facts

Exchanges: Starch 1.5	Vegetable 2
Lean meat 1	Fat 1
Amount Per Serving	Cholesterol 25 mg
Calories 260	Sodium 605 mg
Calories from Fat 65	(without added salt)
Total Fat 7 g	Total Carbohydrate 34 g
Saturated Fat 1.6 g	Dietary Fiber 9 g
Trans Fat 0.1 g	Sugars 9 g
	Protein 18 g

Spinach and Mushroom Frittata

Preparation

1 serving
 Prep time: 5 minutes
 Cooking time: 15 minutes

1. Preheat the oven broiler. Heat the oil in a 7-inch heatproof skillet, on medium-high heat. Add the mushrooms, & sauté for 3 minutes. Add the spinach, & cook just until the spinach wilts, about 30 seconds. Pour off any accumulated liquid.
2. Beat the egg & egg whites with salt & pepper in a small bowl. Pour the mixture over the mushrooms & spinach. Let the eggs set over medium-high heat, repeatedly lifting the edges to allow uncooked egg to flow to the bottom, about 3 to 5 minutes. When the frittata is almost set, sprinkle with feta cheese.
3. Set the pan under the oven broiler, about 6 inches from the heat source. Broil until the top is set and the cheese is melted, 3 - 5 minutes.



Ingredients

1 1/2 tsp. olive oil
 1/4 cup coarsely chopped fresh mushrooms
 1/4 cup baby spinach leaves, stems removed
 1 whole egg
 3 egg whites
 Kosher salt & freshly ground black pepper to taste
 1 Tbsp. fat-free feta cheese

Nutrition Facts

Exchanges: Lean meat 3 Fat 1.5
 Amount Per Serving
 Calories 195
 Calories from Fat 110
 Total Fat 12 g
 Saturated Fat 2.5 g
 Trans Fat 0 g
 Cholesterol 210 mg
 Sodium 385 mg (without added salt)
 Total Carbohydrate 3 g
 Dietary Fiber 0 g
 Sugars 2 g
 Protein 20 g

Courtesy of Helen Long, Nutritionist

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Source: Diabetes Forecast