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 Vege Lean meat 1 Fat 1 Amount Per Serving Cholest Calories 260 Sodium Calories from Fat 65 (with Total Fat 7 g Total Ca Saturated Fat 1.6 g Dietar Trans Fat 0.1 g Sugars

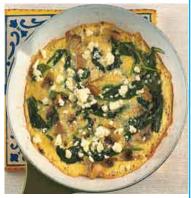
Vegetable 2 1 Fat 1 Cholesterol 25 mg Sodium 605 mg (without added salt) Total Carbohydrate 34 g Dietary Fiber 9 g Sugars 9 g Protein 18 g

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.

 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.
 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