

Fresh Tomato Soup with Crispy Herb Toasts

Serves 4

Ingredients:

8 slices whole-grain baguette, ½ inch thick
1 tablespoon chopped fresh basil
2 teaspoons chopped fresh oregano
4 teaspoons grated parmesan cheese
4 tomatoes
2 teaspoons olive oil
½ small yellow onion, diced
1 tablespoon tomato paste
1 ½ cups 1 percent low-fat milk
½ teaspoon salt
1/8 teaspoon freshly ground black pepper

Directions:

Preheat the broiler(grill). Arrange the baguette slices on a broiler pan and top each slice with a sprinkling of basil, oregano and cheese. Place about 4 inches from the heat source and broil until the cheese is melted, 45 to 60 seconds. Watch carefully to prevent burning. Set aside.

Peel, seed and dice the tomatoes. In a large, heavy saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the tomatoes and tomato paste and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the soup thickens, 20 to 25 minutes.

In a blender or food processor, puree the soup in batches until smooth and return to the pan. Stir in the milk, salt and pepper and reheat gently. Ladle into individual bowls, garnish each with 2 herb toasts and serve.

Nutritional Analysis:

Calories	188	Fat	6g	Cholesterol	5mg
Protein	8g	Sodium	487mg	Carbohydrate	28g

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Spinach Frittata

Serves 4

Ingredients:

1 teaspoon olive oil
1 garlic clove, minced
3 cups baby spinach leaves
3 whole eggs, plus 4 egg whites
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
 $\frac{1}{2}$ yellow onion, chopped
 $\frac{1}{4}$ cup minced red bell pepper
2 waxy red or white potatoes, about $\frac{3}{4}$ pound total weight, peeled and shredded
2 tablespoons chopped fresh basil
 $\frac{1}{4}$ cup shredded part-skim mozzarella or provolone cheese

Directions:

Preheat the broiler. Position the rack 4 inches from the heat source.

In a large, nonstick frying pan with a flameproof handle, heat $\frac{1}{2}$ teaspoon of the olive oil over medium heat. Add the garlic and sauté until softened, about 1 minute. Stir in the spinach and cook until it wilts, 1 to 2 minutes. Transfer to a bowl. Set the frying pan aside.

In a bowl, whisk together the whole eggs and egg whites. Stir in $\frac{1}{4}$ teaspoon of the salt and the pepper. Set aside. Return the frying pan to medium heat and heat the remaining $\frac{1}{2}$ teaspoon olive oil. Add the onion and sauté until soft and translucent, about 4 minutes. Stir in the remaining $\frac{1}{2}$ teaspoon salt, the bell pepper and the potatoes and cook until the potatoes begin to brown but are still tender-crisp, 4 to 5 minutes.

Spread the potatoes in an even layer in the pan. Spread the spinach evenly over the potatoes. Sprinkle with the basil. Pour in the beaten eggs and sprinkle evenly with the cheese. Cook until slightly set, about 2 to 3 minutes.

Carefully place the pan under the broiler and broil until the frittata is brown and puffy and completely set, about 3 minutes. Gently slide onto a warmed serving platter and cut into wedges. Serve immediately.

Nutritional Analysis:

Calories	176	Fat	6g	Cholesterol	163mg
Protein	12g	Sodium	611mg	Carbohydrate	16g

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Peach Crumble

Serves 8

Ingredients:

8 ripe peaches, peeled, pitted and sliced
Juice from 1 lemon
1/3 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup whole-wheat flour
1/4 cup packed dark brown sugar
2 tablespoons trans-free margarine, cut into thin slices
1/4 cup quick cooking oats

Directions:

Preheat the oven to 375 F. Lightly coat a 9-inch pan with cooking spray.

Arrange peach slices in the prepared pie plate. Sprinkle with lemon juice, cinnamon and nutmeg.

In a small bowl, whisk together flour and brown sugar. With your fingers, crumble the margarine into the flour-sugar mixture. Add the oats and stir to mix evenly. Sprinkle the flour mixture on top of the peaches.

Bake until peaches are soft and the topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

Nutritional Analysis:

Calories	140	Fat	3g	Cholesterol	0mg
Protein	2g	Sodium	40mg	Carbohydrate	26g

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