



June 8, 2015 Cooking Class

Simple Yummy Broccoli Soup

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yields: 4 servings

Ingredients:

2 bunches broccoli

2 large white sweet potatoes

2 cloves garlic, diced

1 red pepper, diced

2 tablespoons tamari sauce (reduced sodium soy sauce)

Directions:

1. Cut off the florets of the broccoli so that you have almost no portion of the stalk and place in a separate bowl.
2. Cut the stalks of the broccoli and the sweet potato into small pieces.
3. Place in a medium pot and fill with water just until the veggies are covered; bring to a boil.
4. Cook until soft, about 10-12 minutes.
5. Remove broccoli and potato from the water and blend in blender.
6. Slowly add the water from the pot to your blender until you get a good soup consistency.
7. Add garlic and tamari, and blend.
8. Place soup back in the pot, add broccoli florets and red pepper.
9. Leave on low heat for 5-10 minutes. Serve hot with a little fresh ground pepper.

Variations:

This soup is great with a little parmesan cheese or organic cheddar sprinkled on top of your bowl. Soup is also a great place to use up leftovers. Toss in whole grains, beans or leftover veggies to add a little extra kick.



Marinated Vegetable Salad with Citrus Vinaigrette

4 Servings

- 137 Calories, 90 mg Sodium, 21 g. Carbohydrates
- \$2.10 Per Serving

Ingredients

- 1/2 cup sugar-free, 100% orange juice OR juice from 2 medium oranges
- 1/4 cup fresh cilantro OR 2 Tbsp. dried cilantro
- juice from 1 lime OR 1 Tbsp. bottled lime juice
- 1 Tbsp. extra virgin olive oil
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1/2 tsp. low-sodium soy sauce
- 1 tsp. fresh, grated ginger OR 1/2 tsp. ground ginger
- 1 cup sugar snap peas
- 1 cup fresh broccoli, cut into bite-size pieces
- 3 medium carrots, cut into bite-size pieces
- 3/4 small red onion, cut into thin strips
- 1 medium diced tomato OR 14.5 oz. canned, no-salt-added or low-sodium, diced tomatoes, drained
- 1 medium orange OR canned mandarin oranges in lite syrup or own juice, drained, rinsed
- 2 Tbsp. chopped, unsalted, unoiled almond slices or walnuts
- 1 tsp. sesame seeds (optional)

Directions

Citrus Vinaigrette: Combine orange juice, cilantro, lime juice, olive oil, honey, mustard, soy sauce and ginger in blender and process until smooth, set aside and chill. If using dried cilantro and ginger, you can whisk in a bowl.

Marinated Vegetables: Toss remaining ingredients with $\frac{3}{4}$ cup vinaigrette and chill for at least 4 hours.

Source: American Heart Association Recipes on www.heart.org/simplecooking



Crispy Broccoli-Carrot Fritters with Yogurt-Dill Sauce

Serves 4 (serving size: 2 fritters & ¼ cup yogurt mixture)

Calories 244; Fat 12.3g (sat. 3.8g); Carbohydrates 22.1g; Protein 12 g.

These quick, crispy fritters are packed with vegetables and get supercrisp in the pan. You can omit the red pepper for a little less heat, if you wish.

Ingredients:

- 4 cups water
- 2 cups broccoli florets
- 1 cup matchstick-cut carrots
- 2.25 ounces all-purpose flour (about ½ cup)
- 1.5 ounces Parmesan cheese, grated (about 1/3 cup)
- ½ teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 green onions, thinly sliced
- 1 large egg
- 2 Tablespoons Olive Oil
- 1 cup plain low-fat yogurt
- 2 teaspoons chopped fresh dill

Directions:

1. Place 4 cups water, broccoli, and carrots in a small saucepan; bring to a boil. Cook 4 minutes; drain. Pat broccoli mixture dry with paper towels; finely chop. Place broccoli mixture and flour in a large bowl; stir to coat. Add cheese, salt, pepper, onions, and egg to the broccoli mixture; stir to combine.
2. Heat the olive oil in a large non-stick skillet over medium-high heat and swirl to coat. Spoon ¼ cup broccoli mixture into a dry measuring cup. Pour mixture into pan; flatten slightly. Repeat procedure 7 times to form 8 fritters. Cook 4 minutes on each side or until golden brown.
3. Combine yogurt and dill in a small bowl. Serve yogurt mixture with fritters.