

CREAMED BROCCOLI WITH MANDARIN ORANGES

Sodium Per Serving – 83mg

Serves 4

Cream soups are notoriously high in fat and salt. This luscious low-sodium soup has been lightened up using fat-free half-and-half, milk, and sour cream. In addition to its rich flavor, the mandarin oranges lend an unexpected twist.

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| 1 tablespoon unsalted margarine or butter¹ | 2 cups CHICKEN STOCK (page 232) or canned low-salt chicken broth |
| 3–4 small red potatoes, quartered (about 1¼ pounds)² | 2 teaspoons (or 2 envelopes) low-salt chicken bouillon granules |
| ½ teaspoon ground cumin | ½ cup half-and-half³ |
| ¼ teaspoon garlic powder | ½ cup lowfat milk³ |
| ¼ teaspoon ground black pepper | 2 tablespoons lowfat sour cream |
| 1 small sweet onion, thinly sliced, such as Vidalia | ⅛ teaspoon ground nutmeg |
| 4 cups or 1 (16-ounce) package broccoli florets | 1 (10-ounce) can mandarin oranges in light syrup, drained |

- ▶ Melt margarine in a large saucepan over medium heat; add potatoes, cumin, garlic powder, and pepper, stirring until potatoes are well coated. Mix in onions and broccoli; cook, stirring frequently, until onions are soft, 2 to 3 minutes.
- ▶ Add chicken stock and bouillon; bring to a boil. Decrease heat to medium-low; cover, and simmer until vegetables are tender, 10 to 15 minutes.
- ▶ Stir in the half-and-half, milk, and sour cream. Remove from heat and cool slightly.
- ▶ Place one-half broccoli mixutre in a blender or food processor and pulse until smooth; repeat with remaining mixutre.
- ▶ Return purée to pan, add nutmeg and mandarin oranges; heat through.

NUTRITIONAL INFO PER SERVING: Calories 284, Fat 11g (Saturated Fat 4g), Cholesterol 23mg, Carbohydrates 36g (Fiber 4g, Sugar 9g), Sodium 83mg (138mg with LS canned broth)

VARIATION

CHEESY BROCCOLI SOUP

Omit the mandarin oranges and add 2 ounces shredded lowfat Cheddar cheese (about ½ cup) to the puréed soup; stir until melted.

NUTRITIONAL INFO PER APPETIZER: Calories 271, Fat 12g (Saturated Fat 4g), Cholesterol 25mg, Carbohydrates 31g (Fiber 3g, Sugar 6g), Sodium 113mg (171mg with LS canned broth)

COMMENTS:

- 1 To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 123mg (178mg with low-salt canned broth).*
- 2 Other potato choices are Yukon gold or white potatoes. For additional variety info, see FOOD NOTE, page 77.*
- 3 Another alternative to adding creaminess to the soup without much salt is to eliminate the half-and-half and increase the milk to ⅔ cup and the sour cream to ½ cup.*

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

- 3 red potatoes - 30mg
- ½ t cumin - 2mg
- 1 sweet onion - 9mg
- 4 c broccoli - 76mg
- 2 c CHICKEN STOCK - 40mg or LS canned broth - 260mg
- 2 t LS chicken bouillon - 10mg
- ½ c half-and-half - 50mg
- ½ c LF milk - 58mg
- 2 T LF sour cream - 17mg
- 10 oz mandarin oranges - 40mg

Fat (Sat Fat):

- 1 T NSA margarine - 8mg (2mg) or NSA butter - 12mg (8mg)
- 3 red potatoes - 1mg (0mg)
- 4 c broccoli - 1mg (0mg)
- 2 c CHICKEN STOCK - 2mg (0mg) or LS canned broth - 4mg (2mg)
- ½ c half-and-half - 14mg (9mg)
- ½ c LF milk - 3mg (1mg)
- 2 T LF sour cream - 3mg (2mg)