

Week of Sept 27-Oct. 1

Salmon Corn Chowder

(4 servings)

- 2 Tbsp. olive oil
- 1 large onion, chopped
- 1 medium garlic clove, minced
- 3 tbsp. flour
- 2 and 1/2 cups low-fat milk (or use evaporated skim milk)
- 1 can stewed tomatoes, diced or broken up
- 1 large can salmon, drained and flaked
- 1 can corn kernels
- 1 tsp. dillweed
- 1/4 tsp. ground pepper
- 1/2 cup cheese of choice (optional)

In medium saucepan, heat oil. Add onion, garlic and sauté and stir until tender. Blend in flour and cook several minutes (to form roux). Whisk in milk gradually. Stir in tomatoes with juice, salmon, corn, dill and pepper. Bring to boil, stirring. Boil and stir one minute or until thickened. Add cheese and stir until melted or serve and top each serving with cheese. Serve with salad and whole grain bread or crackers.

And for the more adventurous to try! Leftovers are even better-bring to work for lunch!!

Curried Chickpea Stew

(6 servings)

- 1 onion sliced
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 sweet red pepper, diced
- 1 sweet green pepper, diced
- 2 potatoes, peeled and diced
- 1 Tbsp. curry powder
- 1 can chicken broth plus water to make 2 cups
- 1 can (16 oz.) chickpeas, rinsed and drained
- 1 can (16 oz.) whole tomatoes
- 1/8 tsp. pepper
- 1/2 c. raisins
- 1/2 cup dry-roasted peanuts

Cook onion in oil in large saucepan, stirring, 5 minutes. Add garlic, peppers and potatoes; cook 3 minutes. Stir in curry powder, cook 1 minute. Add broth, chickpeas, tomatoes, pepper; cook, uncovered for 15 minutes or until potatoes are tender. Serve over brown rice or along with wheat pita bread. Stir in raisins and peanuts as desired.

It's apple season! The variety is wonderful and apples are a good high fiber fruit choice! Try different varieties and find the one you like best! (My vote is for Braeburn, Honeycrisp and Pink Lady!) Here are a couple of recipes using apples:

Chicken with Apples and Onions

(serves 6)

- 6 skinless boneless chicken breasts
- 1 cup sliced onion
- 2 Tbsp. olive oil
- 2 cups sliced tart apples

1 cup apple juice
1 Tbsp. honey
½ tsp. salt (optional)

Preheat oven to 350. Place chicken breasts in shallow baking pan. In skillet, sauté onions in 1 Tbsp. olive oil until tender. Add apples and sauté for 1 minute. Pour onions and apples over chicken. Combine remaining tablespoon of olive oil, apple juice, honey and salt if using. Pour over chicken, apples and onions. Bake for 45 minutes or until chicken is cooked through. This recipe could also be done in a slow-cooker.

As tasty as apple pie without all the fat in the pie crust. This has a topping with healthier oatmeal!

Apple Crisp

6-7 tart cooking apples
1 Tbsp. lemon juice
1/3 cup granulated sugar
1 tsp. cinnamon
¾ cup oatmeal
½ cup flour
¾ cup brown sugar
3 Tbsp. canola oil

Place apples in deep baking dish. Leave on skins for extra fiber! Sprinkle with lemon juice, sugar and cinnamon. Combine remaining ingredients and pour over apples. Bake at 375 degrees for 30 minutes or until apples are tender. Could serve with vanilla yogurt or low-fat vanilla ice cream or frozen yogurt.

And one more recipe for those trying to increase their bean consumption! Beans are a good source of heart healthy plant protein, soluble fiber and phytochemicals to reduce your risk of heart disease and cancer! This can be made in the slow cooker and you can eat on it all week!

Mexican 5-Bean Soup (serves 10)

1 can (15 oz.) red kidney beans
1 can (15 oz.) garbanzo beans
1 can (15 oz.) navy beans
1 can (15 oz.) black beans
1 large onion
1 can (4 oz.) green chilies, chopped
1 package (9 oz.) frozen cut green beans
4 tsp. chili powder
1 ½ tsp. dried basil
½ tsp. dried oregano
¼ tsp. Tabasco sauce (optional)
3 cups water
2 cans (14.5 oz.) chicken broth, 1/3 less sodium
1 can (12 oz.) beer or 12 oz. water (or try V-8 juice)
Reduced-fat shredded cheddar or mozzarella cheese

Rinse and drain the beans in a colander. Place in slow-cooker. Dice onion and add with chilies to slow-cooker. Add frozen green beans, all spices and liquid and stir. Cook on HIGH for 5 to 6

hours or on LOW for 9 to 10 hours. Ladle into serving bowls and top with cheese. Serve with cornbread or whole grain bread/roll/crackers and tossed salad.

Chops with Creamy Cider Sauce (serves 4)

4 center cut pork loin chops (approx. 1-inch thick and well-trimmed)
1 cup apple cider (or apple juice)
½ (one half) tsp. sage
¼ (one fourth) tsp. thyme
1/8 (one eighth) tsp. pepper
2 large tart apples (such as Granny Smith or Jonathan)
¾ (three fourths) cup evaporated skim milk

Heat large skillet, spray with cooking spray and add pork chops. Cook over medium heat about 3-5 minutes per side. Add cider and seasonings and allow to simmer for 7 minutes. Meanwhile core apples and cut into half inch slices (you may peel them but then you lose much of the fiber!) Add apple slices to pan and cook 3-4 minutes more. Remove chops to baking sheet and arrange apple slices on top. (Lay extra apple slices on baking sheet). Preheat broiler. Boil mixture in pan until reduced to syrup, 2 to 3 minutes. Spoon syrup over apple slices and broil six inches from heat for 2-3 minutes. Meanwhile, stir evaporated milk into remaining syrup in skillet and simmer gently until a pleasing consistency (3 to 4 minutes). Pour sauce over pork and apples to serve.

And 2 delicious sounding soup recipes to try, one sent to me by a recipient of this column! (Thanks, Carol!) Both are excellent ways to boost your fiber and vegetable intake as well as incorporate healthier plant proteins into your eating! (Speaking of plant proteins, this month's lunch-and-learn is entitled "Vegging Out—the Healthful Way! Moving Toward a More Plant Based Diet" It will be held on October 26 from 12 noon-1 PM in 3150 Beardshear. Send me an e-mail if you would like to register!)

Three Bean Soup

1 large onion, chopped
1 green pepper, chopped
2 tsp. olive oil
1 can of chicken broth
1 can black beans, rinsed and drained
1 can kidney beans, rinsed and drained
1 can fat-free refried beans
¾ C. salsa
2 tsp. chili powder
1 can tomatoes
¼ tsp. cumin
salt & pepper as desired

Cook in stock pot, onion, green pepper and oil until onion is translucent. Add remaining ingredients. Stir well. Bring to a boil, reduce heat and let simmer 20 minutes.

127 calories, 10 gms fiber

And check out the fiber in this one! (19.3 grams per serving!)The current recommendations are for women to have 25 grams of fiber each day and men to have 38 grams of fiber each day. This soup gives you a major boost!

Moroccan Lentil Soup

(6 servings)

2 onions, chopped	1 (14.5 ounce) can diced tomatoes
2 cloves garlic, minced	1/2 cup diced carrots
1 teaspoon grated	1/2 cup chopped celery
fresh ginger	1 teaspoon garam masala (combination of spices-can be found in Asian food stores)
6 cups water	1 1/2 teaspoons ground cardamom
1 cup red lentils	1/2 teaspoon ground cayenne pepper
1 (15 ounce) can garbanzo beans, drained	1/2 teaspoon ground cumin
1 (19 ounce) can cannellini beans	1 tablespoon olive oil

Directions

- 1** In large pot saute; the onions, garlic, and ginger in a little olive oil for about 5 minutes.
- 2** Add the water, lentils, chick peas, white kidney beans, diced tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin. Bring to a boil for a few minutes then simmer for 1 to 1 1/2 hours or longer, until the lentils are soft.
- 3** Puree half the soup in a food processor or blender. Return the pureed soup to the pot, stir and enjoy!

Per serving=355 calories, 3.9 gm fat, 0 Mf cholesterol, 432 mg sodium, 19.3 gm fiber and 20.4 gm protein

Eat healthy and enjoy!!
Sally