

Recipes

Quick Creamy Tomato Cup-of-Soup

Serves: 1

Ingredients

- $\frac{3}{4}$ cup no-salt-added canned tomato puree
- $\frac{1}{4}$ cup low-sodium chicken broth
- 1 tablespoon reduced-fat cream cheese



Photo courtesy of <https://www.eatingwell.com/recipe/270499/quick-creamy-tomato-cup-of-soup/#reviewSection>

How To Make It

- Whisk tomatoes, broth, and cream cheese in a large heatproof mug. Microwave on High, stirring occasionally, until heated through and creamy, about 2 minutes.

Nutrition Information

Serving Size: 1 cup

Per Serving: 105 calories; protein 5.1g; carbohydrates 18.3g; dietary fiber 3.6g; sugars 10.1g; fat 2.7g; saturated fat 1.4g; cholesterol 8.1mg; vitamin a iu 1039.1IU; vitamin c 20.1mg; folate 25.3mcg; calcium 56mg; iron 3.4mg; magnesium 44.9mg; potassium 911.2mg; sodium 244.9mg; thiamin 0.1mg.

Exchanges: 3 vegetable, 1/2 fat

Recipes

Sriracha-Buffalo Cauliflower Bites

Serves: 6

Ingredients

- 8 cups 1 1/2-inch cauliflower florets
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- 2 tablespoons hot sauce
- 1-2 tablespoons Sriracha
- 1 tablespoon butter, melted
- 1 tablespoon lemon juice



Photo courtesy of <https://www.eatingwell.com/recipe/251316/sriracha-buffalo-cauliflower-bites/>

How to Make It

- Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray. Toss cauliflower, oil and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes.
- Meanwhile, combine hot sauce, Sriracha to taste, butter and lemon juice in the large bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.

Nutrition Information

Serving Size: 3/4 cup

Per Serving: 99 calories; protein 3g; carbohydrates 8g; dietary fiber 3g; sugars 3g; fat 7g; saturated fat 2g; cholesterol 5mg; vitamin a iu 169IU; vitamin c 69.9mg; calcium 32.8mg; iron 0.6mg; potassium 439mg; sodium 288mg.

Exchanges: 1 1/2 vegetable, 1 1/2 fat