Looking for a healthy meal to warm up those last few nights of winter?

Try a simple, homemade soup.

Making soup is an easy way to eat more vegetables.

- Use your favorite fresh, frozen, or canned vegetables.

Making soup saves time.

- Make soup once and freeze the rest.
- Reheat leftovers for a quick meal.

You will need:
- 1 onion
- 4 carrots
- 2 stalks of celery
- 2 cloves of garlic
- 1 tablespoon of oil
- 8 cups of water
- 1 pound of dry split peas
- Black pepper, dried herbs, or no-salt spices

Cut vegetables and garlic into small pieces. Put them in a large soup pot and cook in oil until they are tender. Then add water and the washed split peas and bring to a boil.

Add your favorite herbs and spices and cook on low heat for 1 to 1-1/2 hours or until the peas are soft and creamy. Be sure to stir the soup as it cooks.

Want more vegetables? Add potatoes, bell peppers, or spinach.
Spice up your soup with curry powder. Add a little hot pepper.

Health Tip of the Month

Hot Soups for Cold Nights

Easy Split Pea Soup

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