Potato Corn Soup

1 tablespoon oil
1 cup chopped onions
3 cups diced potatoes
2 cups low sodium broth
1 cup low fat milk
1 1/2 cups corn
Salt and pepper to taste

1. In a large pot, heat oil over medium heat. Add onions and cook until soft.
2. Add potatoes, broth and 1 cup water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.
5. Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!
6. Serve hot and enjoy!
7. Refrigerate leftovers.

Makes: 5 servings

Nutrition Information:
CALORIES 140 (30 from fat); FAT 4g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 23g; FIBER 2g; PROTEIN 5g; CALCIUM 8%; IRON 6%

Red Cabbage and Carrot Slaw

4 cups shredded red cabbage
2 cups shredded carrots (about 3 large)
2 cups chopped sweet apples (about 1 large or 2 small apples)
2/3 cup fat-free mayonnaise
2 Tablespoons sugar
1/4 cup vinegar
1 teaspoon celery seed

1. Combine cabbage, carrots and apple in a large bowl.
2. In a separate bowl, mix the mayonnaise, sugar, vinegar and celery seed.
3. Pour over cabbage mixture and toss gently to coat.
4. Cover and chill at least 1 hour before serving.

Makes: 16 servings

Nutrition Information:
CALORIES 40 (15 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 0g; CALCIUM 2%; IRON 2%