**Garden Barley Soup**

1 can (46 ounce) tomato juice  
1 can (10 1/2 ounce) beef broth  
1/3 cup regular barley  
1/4 cup sugar  
1 Tablespoon Worcestershire sauce  
1 bay leaf  
1/2 teaspoon crushed thyme leaves  
1/4 teaspoon salt  
2 cups coarsely chopped zucchini  
1 medium chopped tomato  
1/2 cup green pepper

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.  
2. Cover; simmer 1 hour.  
3. Add vegetables. Return to boil; reduce heat.  
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Makes: 6 servings

**Nutrition Information:**  
CALORIES 130 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 29g; FIBER 4g; PROTEIN 5g; CALCIUM 4%; IRON 10%

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**Nutty Brussels Sprouts**

3 cups Brussels sprouts (fresh or frozen)  
3 tablespoons red wine vinegar  
3 tablespoons honey  
1 tablespoon onion, chopped  
1 tablespoon Dijon mustard  
1/3 cup olive oil  
salt and pepper, to taste  
3/4 walnuts or pecans, chopped

1. Remove loose or discolored leaves from the sprouts. Cut an X with a paring knife through the stem end to assure even cooking.  
2. Steam for about 8-10 minutes or until just tender.  
4. Drain sprouts before tossing them with vinaigrette and adding nuts.

Makes: 6 servings

**Nutrition Information:**  
CALORIES 260 (190 from fat); FAT 22g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 120mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 6%