



Lower-Calorie Tomato Soup

Serving Size: 1 cup (Serves 6)

Ingredients

- 2 tsp. olive oil
- 2 c. chopped onion
- 2 garlic cloves, minced
- 4 c. lower sodium vegetable broth
- 1 (28 oz.) can diced tomatoes, undrained
- 1 thyme sprig
- Dash of salt and pepper
- 6 Tbsp. Parmesan cheese

Directions

1. Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic to pan; sauté 5 minutes.
2. Add broth, tomatoes, thyme, salt and pepper to pan; bring to a boil. Reduce heat and simmer 35 minutes, partially covered.
3. Remove pan from heat; cool 5 minutes. Discard thyme sprig.
4. Pour half of the tomato mixture in a blender; blend until smooth. Pour into a large bowl. Repeat procedure with remaining tomato mixture.
5. Serve warm and top with 1 Tbsp. cheese if desired.

Angel Food Cake

Yields: 10-12 servings

Ingredients

- 1³/₄ c. sugar
- 1/4 tsp. salt
- 1 c. cake flour, sifted
- 12 egg whites, brought to room temperature
- 1/3 c. warm water
- 1 tsp. vanilla extract
- 1 1/2 tsp. cream of tartar

Directions

1. Preheat oven to 350° F.
2. Process sugar in a food processor for about 2 minutes or until super fine. Sift half of the sugar with the salt and cake flour; set the remaining sugar aside.
3. In a large bowl, whisk together egg whites, water, vanilla extract, and cream of tartar for about 2 minutes. Now switch to a hand mixer and slowly sift in the reserved sugar, beating continuously at medium speed. Once you have achieved medium peaks, sift enough of the flour mixture in to dust the top of the foam. Using a spatula, fold in gently. Continue until all the flour mixture is incorporated.
4. Carefully spoon the mixture into an ungreased tube pan. Bake for 30 minutes before checking for doneness. (To check for doneness, insert a wooden skewer, and the skewer should come out dry. The sides will also begin to draw away from the pan.)
5. Cool upside down on a cooling rack for at least an hour before removing from the pan.