



TURKEY NOODLE SOUP

Enjoy comforting Turkey Noodle Soup full of tender egg noodles, fresh veggies, and tender shredded turkey in just 35 minutes.

Yield: 4 servings (serving size: 2 cups)

Ingredients

- Cooking spray
- 1 cup (1/4-inch-thick) slices carrot
- 3/4 cup chopped onion
- 4 garlic cloves, minced
- 1 cup (1/4-inch-thick) slices celery
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 cups fat-free, less-sodium chicken broth
- 2 cups (3 ounces) uncooked egg noodles
- 1 tablespoon low-sodium soy sauce
- 1 bay leaf
- 2 cups shredded turkey (about 8 ounces)
Coarsely ground black pepper (optional)

Preparation

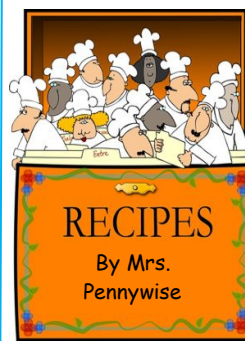
Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add carrot, onion, and garlic; sauté 5 minutes or until onion is lightly browned. Add celery, salt, and 1/4 teaspoon pepper; sauté 3 minutes. Add broth and next 3 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer 5 minutes. Add shredded turkey; cook 3 minutes. Discard bay leaf. Sprinkle with coarsely ground black pepper, if desired.

Nutritional Information:

Amount per serving
 Calories: 280; Calories from fat: 23%; Fat: 7.2g;
 Saturated fat: 2.6g; Monounsaturated fat: 1.1g
 Polyunsaturated fat: 1.4g; Protein: 29.1g; Carbohydrate: 24.3g; Fiber: 2.3g; Cholesterol: 80mg;
 Iron: 2.6mg; Sodium: 544mg; Calcium: 79mg

Source: *Cooking Light* at <http://www.cookinglight.com/>

FALL RECIPES HAVE ARRIVED



Summer is over and fall has arrived! The smell of fall is such a delight. With fall comes the cold, but it also brings in many new flavors we haven't had since last fall season. Pumpkin, squash, and yams are the center of attention [that's why it's one of my *favorite* seasons!]. This month, I want to share with you a meal that will not only be absolutely scrumptious, but healthy [and inexpensive].

Pasta & Chicken in a Pumpkin Cream Sauce

Serves 6

Ingredients:

- 1 box (12 oz) uncooked dried bow tie pasta
- 2 tbsp. butter (*I use Smart Balance*)
- 3 pounds boneless, skinless chicken breast [cut into strips]
- 1 tbsp. finely chopped garlic
- 1/2 cup chicken stock
- 1 cup canned pumpkin
- 1 cup evaporated milk
- 1/2 tsp. salt

Direction:

- Cook pasta according to package directions. Drain; keep warm.
- Meanwhile, melt butter in 12-inch skillet until sizzling; add chicken and garlic. Cook over medium-high heat, stirring occasionally, until chicken is no longer pink in center (8 to 10 minutes). Add cooked pasta.
- Combine pumpkin, chicken broth, evaporated milk, and salt in medium bowl. Pour over pasta mixture; gently toss to coat. Cook over medium heat until heated through (3 to 5 minutes).

Nutritional Information

(Per Serving)

Calories: 532 Fiber: 7g
 Fat: 12g Protein: 55g
 Carbohydrates: 49g

Deep-Dish Apple Pie

With all that delicious fruit an apple pie should be healthy, but the truth is a slice can have as much as 750 calories and 30 grams of fat. For the most part, the culprit is the crust. We use whole-wheat pastry flour to add fiber and lower the saturated fat by replacing some of the butter with canola oil. The brown sugar-sweetened filling in this pie is made with two kinds of apples for the perfect balance. A slice has half the calories of a typical version and only 10 grams of fat—sweet!

10 servings; Active Time: 1 1/4 hours;
Total Time: 4 hours (including cooling time)

INGREDIENTS

CRUST

- 1 1/4 cups whole-wheat pastry flour, (see Ingredient Note)
- 1 1/4 cups all-purpose flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 4 tablespoons cold unsalted butter
- 1/4 cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water

FILLING

- 6 cups thinly sliced peeled McIntosh apples, (about 2 pounds)
- 6 cups thinly sliced peeled Granny Smith apples, (about 2 pounds)
- 2/3 cup packed light brown sugar
- 1 tablespoon lemon juice
- 1 1/4 teaspoons ground cinnamon, divided
- 1/8 teaspoon ground nutmeg
- Pinch of ground allspice
- Pinch of salt
- 2 tablespoons all-purpose flour
- 1 teaspoon granulated sugar
- 1 large egg white, lightly beaten, for brushing

PREPARATION

1. To prepare crust: Whisk whole-wheat flour, 1 1/4 cups all-purpose flour, 2 tablespoons sugar and 1/2 teaspoon salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few more times; the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5 -inch-wide disks. Wrap the dough in plastic and refrigerate for at least 1 hour.



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PREPARATION CONTINUED from other column

2. Meanwhile, make filling: Combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice and pinch of salt in a large bowl. Reserving 4 cups, transfer the rest of the apple mixture to a Dutch oven. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.
3. To assemble; bake pie: Position a rack in lower third of oven; preheat to 425°F.
4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9 1/2-inch deep-dish pie pan. Peel off the remaining paper. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into another 13-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers. Combine 1 teaspoon granulated sugar and the remaining 1/4 teaspoon cinnamon in a small bowl. Brush the crust with egg white and sprinkle with the cinnamon-sugar. Cut 6 steam vents in the top crust.
4. Bake the pie on the bottom rack for 20 minutes. Reduce the oven temperature to 375° and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Let cool on a wire rack for about 1 1/2 hours before serving.

NUTRITION

Per serving: 344 calories; 10 g fat (4 g sat , 3 g mono); 14 mg cholesterol; 62 g carbohydrates; 4 g protein; 5 g fiber; 143 mg sodium; 212 mg potassium. Carbohydrate Servings: 4; Exchanges: 2 starch, 2 fruit, 2 fat

Ingredient Note: Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large super markets and natural-foods stores. Store in the freezer.

Source: Eating Well at <http://www.eatingwell.com/recipes/>

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