



Tomato Zucchini Soup

- 1 tablespoon corn oil margarine
- ½ cup celery, chopped
- 3 shallots, chopped
- 2 large cloves garlic, minced
- 4 cups chicken broth, either homemade or canned
- 3 tomatoes, chopped
- 1 zucchini, thinly sliced
- 1 tablespoon tomato paste
- 1 teaspoon fresh parsley, chopped or ½ teaspoon dried parsley
- ½ teaspoon fresh cilantro, chopped (coriander)
- 1 bay leaf
- 4 to 6 tablespoons low-fat plain yogurt

Melt margarine in a soup pot over low heat. Add celery, shallots, and garlic and sauté until tender. Add chicken broth, tomatoes, zucchini, tomato paste, parsley, cilantro, and bay leaf. Simmer for 2 hours. Discard bay leaf. Ladle soup into soup bowls. Garnish with yogurt. Makes 4 to 6 servings.

Approx. per serving: 115 calories; 4 grams of fat.

Focaccia

- 2-¾ cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon quick-rising yeast
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 3 tablespoons olive oil, divided
- 1 cup water
- 1 tablespoon grated Parmesan cheese

Combine flour, salt, sugar, yeast, oregano and thyme together in a large mixing bowl. Add 2 tablespoons of olive oil and water and mix well. Place dough on a lightly floured surface and knead until smooth and elastic. Put dough in a bowl and cover with a damp cloth for about 20 minutes while dough rises. Preheat oven to 450 degrees. Grease the bottom of a baking sheet. Punch the dough and place onto baking sheet, smoothing it to ½ inch thick. Gently press the tip of your finger into the dough at two-inch intervals, to make small indentations. Brush the top with the remaining tablespoon of olive oil and sprinkle with Parmesan cheese. Bake for approximately 15 minutes or until golden brown. Makes 12 servings.

Approx. per serving: 145 calories; 4 grams of fat.

Yogurt Tomato Salad

- 1 medium cucumber, peeled
- 1 teaspoon salt (optional)
- 2 medium tomatoes, cored, cut into ½-inch cubes and drained
- 1 tablespoon onion, finely chopped
- 1 cup low-fat plain yogurt
- ¼ cup fresh parsley, chopped
- 2 tablespoons fresh cilantro (coriander), chopped
- 1 teaspoon cumin

Halve cucumber lengthwise, remove seeds, then slice thinly. Place cucumber into a bowl, sprinkle with salt, and let stand for half an hour. Drain, squeezing cucumber slightly to remove excess moisture. Add tomatoes and onion. Mix yogurt, parsley, cilantro, and cumin in a separate bowl. Pour over vegetables and gently toss. Cover and chill until serving time. Makes 4 (¾ cup) servings.

Approx. per serving: 61 calories; 1 gram of fat.