



## Cream of Broccoli Soup

- 3 cups broccoli florets and peeled stems, finely chopped
- 1½ cups water
- 1 tablespoon corn oil margarine
- ½ cup onion, chopped
- 1 tablespoon all-purpose flour
- 3 cups 1% low-fat milk
- ½ teaspoon salt (optional)
- ½ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon celery seed
- 1/8 teaspoon cayenne pepper

Combine broccoli and water in a 3 quart saucepan and bring to a boil. Lower heat, cover and simmer for 10 minutes. Drain, saving liquid. Melt margarine in a larger saucepan over low heat, add onion and sauté until soft. Add flour and continue to cook for several seconds, stirring constantly. Stir in reserved liquid and cook until thickened. Add milk, broccoli, salt, black pepper, paprika, celery seed, and cayenne pepper, mixing well. Heat to serving temperature over low heat. Makes 6 servings.

Approx. per serving: 101 calories; 3 grams of fat.

## Tomato Wedges Provencal

- 4 medium tomatoes, each cut into 8 wedges
- ¼ cup fine breadcrumbs
- ¼ cup onion, finely chopped
- ¼ cup parsley, chopped
- 1 clove garlic, minced
- 1 tablespoon corn oil margarine
- ½ teaspoon fresh basil or ¼ teaspoon dried basil
- Salt and pepper to taste

Preheat oven to 425 degrees. Arrange tomatoes in a greased shallow baking dish. Combine breadcrumbs, onion, parsley, garlic, margarine, basil, salt, and pepper in a small bowl and mix well. Sprinkle over tomatoes. Bake for 8 to 10 minutes or until tender. Makes 6 servings.

Approx. per serving: 45 calories; 1 gram of fat.

## Lemon Spiked Chicken

- 6 chicken breast halves, skinned and boned
- 2 tablespoons plus 1 teaspoon corn oil margarine, divided
- 1½ tablespoons all-purpose flour
- 1 teaspoon fresh tarragon or ½ teaspoon dried tarragon
- ½ teaspoon salt (optional)
- ¼ pound fresh mushrooms, thinly sliced
- ¼ cup hot water
- 1 teaspoon instant chicken bouillon
- ½ lemon, thinly sliced
- 3 cups cooked rice

Cut each chicken breast into inch-thick strips. Place 2 tablespoons margarine into a 2-quart glass casserole dish and microwave on high for 1 minute. Add chicken, then sprinkle with flour, tarragon, and salt. Cover and microwave on high for 4 minutes, stirring at 1-minute intervals. Place remaining 1 teaspoon of margarine into a 1-quart glass casserole and microwave on high for 1 minute. Add mushrooms, tossing to mix. Microwave on high for 1 ½ minutes, stirring after 1 minute. Add to chicken. Combine hot water and bouillon in a small bowl and stir until dissolved. Pour mixture over chicken and arrange lemon slices on top. Microwave on high for 5 minutes or until chicken is tender. Serve over rice. Makes 6 servings.

Approx. per serving: 314 calories; 6 grams of fat.