

- 1/2 cup walnut pieces
- 3 Tbsp. extra-virgin olive oil
- 1 Tbsp. plus 1 tsp. apple cider vinegar
- 1 tsp. chopped fresh thyme leaves (1/4 tsp. dried)
- 1/2 tsp. Dijon mustard
- 1 medium clove garlic, finely minced
- Freshly ground black pepper, to taste
- 1 14-oz. can low-sodium white beans, such as cannellini, drained and rinsed
- 1 bunch chicory (about 1/2 lb.) or other hearty lettuce, thinly sliced
- 1/2 medium Granny Smith apple, diced

1. In a dry skillet over medium-high heat toast walnuts 2 minutes, stirring frequently, until fragrant; cool. For dressing, in a bowl whisk together oil, vinegar, thyme, mustard, garlic, 1/4 tsp. salt, and pepper.

2. In a bowl toss the beans with 1 tsp. of the dressing. In a large bowl combine the chicory with the roasted walnuts, diced apple, dressed beans, and remaining dressing. Toss to coat. Makes 4 (1 1/2 cup) servings.

EACH SERVING 293 cal, 21 g fat, 0 mg chol, 215 mg sodium, 22 g carb, 8 g fiber, 8 g pro.

**For hearty appetites:** Serve with Garlic Breadsticks, below.

## Garlic Breadsticks

"One of my first jobs helping Mom in the kitchen was to slather the Italian bread with butter and sprinkle it with garlic powder," Ellie says. "You can make it even better by mixing a touch of butter with olive oil and using fresh garlic."

**PREP 15 min. BAKE 18 min. OVEN 350°F**

- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 3 cloves garlic, minced
- 1/2 tsp. salt
- 1 12-oz. loaf whole-grain Italian bread
- 1/4 cup finely chopped fresh parsley leaves

1. Preheat oven to 350°F. In a small saucepan, combine oil, butter, garlic, and salt. Heat over medium-low heat until butter is melted; remove from heat.

2. Cut the bread in half lengthwise, then cut each half crosswise into 3 pieces. Then cut each piece into four 1/2-inch-thick sticks. Brush the breadsticks with the garlic-infused mixture, sprinkle with parsley, and place on a baking sheet. Bake until the edges are golden brown, about 18 to 20 minutes. Makes 6 servings.

EACH SERVING 200 cal, 9 g fat, 5 mg chol, 436 mg sodium, 26 g carb, 2 g fiber, 4 g pro.

## Minestrone Soup

"This mouthwatering meal in a bowl is a case that shows you don't need to lean on salt for flavor when you use lots of herbs—basil, oregano, and parsley—and aromatics such as garlic and onion," Ellie says.

**PREP 20 min. COOK 32 min.**

- 1 large onion, diced
- 2 Tbsp. olive oil
- 4 cloves garlic, minced
- 2 ribs celery, diced (1/2 cup)
- 1 large carrot, peeled and diced
- 1 medium zucchini (about 8 oz.), diced
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 6 cups low-sodium vegetable broth or low-sodium chicken broth (48 oz.)
- 1 28-oz. can no-salt-added diced tomatoes
- 1 14-oz. can no-salt-added crushed tomatoes
- 1 15-oz. can low-sodium cannellini beans, drained and rinsed
- 1/2 cup whole grain elbow pasta
- 1/2 cup finely shredded Parmesan cheese
- 2 Tbsp. chopped fresh parsley leaves

1. In large soup pot over medium-high heat cook and stir onion in hot oil 4 minutes or until translucent. Add garlic; cook for 30 seconds. Add celery and carrot. Cook and stir 5 minutes, until vegetables begin to soften. Add zucchini, oregano, basil, salt, and pepper. Cook for 2 minutes, stirring frequently.

2. Add the broth and the diced and crushed tomatoes. Bring to boiling. Reduce heat to medium low. Simmer uncovered for 10 minutes. Add the beans and pasta. Cook 10 to 15 minutes more or until pasta and vegetables are tender. Top servings with cheese and parsley. Makes 6 servings.

EACH SERVING 236 cal, 7 g fat, 3 mg chol, 719 mg sodium, 36 g carb, 9 g fiber, 10 g pro.

**Make it vegetarian:** Use the vegetable broth option as directed.

**For hearty appetites:** Serve with Prosciutto-Arugula Panini, below.

**Make it gluten-free:** Use gluten-free broth and substitute 1/2 cup of uncooked rice for the pasta. Cook 5 minutes longer or until rice is tender.

## Prosciutto-Arugula Panini

Removing some of the soft center bread cuts the calories and helps the sandwich to come out of the grill pan or panini press thin and crisp.

**PREP 10 min. COOK 12 min.**

- 1 12-oz. whole wheat baguette or Italian bread (about 18 inches long)
- 3 Tbsp. prepared basil pesto
- 8 thin slices prosciutto (3 oz.)
- 1 cup lightly packed arugula leaves, chopped
- 1/2 cup shredded part-skim mozzarella cheese
- Olive oil spray

1. Cut bread in half horizontally, then cut each half crosswise in 6 equal portions. Scoop out the soft center of bread; freeze for making bread crumbs or discard. Spread cut sides of bread with pesto. Divide prosciutto, arugula, and mozzarella among 6 of the bread pieces. Replace tops of bread. Lightly coat top



### FOR SOUP NIGHT

Broth- or tomato-base soups will have fewer calories than milk- or cream-base ones. Bulk up soup with vegetable and low-sodium canned beans, and you'll have plenty to eat without many calories or much sodium. Add brown rice or whole wheat pasta for a serving of whole grains. And a little of a flavorful topping, such as Parmesan cheese, goes a long way.