GOOD MORNING AMERICA FOOD & RECIPES

Valerie Bertinelli's Tuscan Style Soup

The Actress Shares One of Her Favorite Low-Calorie Recipes

From the Kitchen of Valerie Bertinelli

Servings: 4

Difficulty: Moderate Cook Time: 1-30 min

Tuscan Style Soup satisfies with 63 calories, 2 grams of fat and 300 milligrams of sodium. The recipe is courtesy of Jenny Craig, of which Valerie Bertinelli is a spokeswoman. For more of her favorite dishes visit www.jennycraig.com.

Ingredients

- 1 1/4 cup eggplant, peeled and cubed
- 1 cup water
- 1 can whole tomatoes, no salt added, undrained and chopped (14 1/2-ounce)
- 1 can sliced mushrooms, drained (OR 1 cup fresh mushrooms, sliced)
- 1 clove garlic, minced
- 1 small summer (yellow) squash, coarsely chopped
- 1/2 tsp Italian seasoning, dried
- 1/4 tsp salt
- 1/8 tsp pepper
- 12 oz can chicken broth, reduced sodium
- 8 tbsp Pecorino Romano cheese, freshly grated

Directions

Combine the first 10 ingredients in a large saucepan, stirring well

Bring to a boil; cover, reduce heat, and simmer 25 minutes or until vegetables are tender.

To serve, ladle soup into individual bowls; sprinkle 2 tbsp of Pecorino Romano cheese.

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1 of 1 10/15/2009 8:23 AM