
Soup & Sandwiches

Here are ways to make your soup and sandwich meal a healthy duo.

Bread:

- Whole grain breads, such as whole wheat and rye, are great sources of soluble fiber, which may help lower cholesterol.
- Look for the words "whole" or "bran" first on ingredient list.
- Consume breads with less than 2 g of fat per serving.
- Stay away from croissants, biscuits and other buttery breads.

Sandwich Fillings:

- Fill your sandwiches with low-fat, healthy foods. Fresh vegetables are a great choice!
- Choose low fat varieties of luncheon meats, such as turkey breast, chicken breast, or lean ham.
- Choose low-fat or reduced fat cheeses.
- Select fish canned in water, such as salmon, tuna, sardines and mackerel.
- Choose spreads that are low in calories and fat like mustard or fat-free mayonnaise or fat-free salad dressing.
- Beans and legumes in the form of hummus or a homemade bean spread make a great vegetarian sandwich.

Soup:

- Look for canned soups with 'heart-healthy' or 'low sodium' labels.
- Try making homemade soups and load it up with vegetables.. Add flavor by using plenty of onions and garlic.
- Increase fiber by adding whole grain rice or pasta, legumes, and beans.
- Instead of crackers in soup, use hearty whole grain day-old bread toasted and broken into crumbs.
- Almost any cooked vegetable can be blended and used to thicken a soup or sauce. Tomato paste is a great thickener. Eggplant, zucchini or other squash, broccoli, cauliflower, carrots, potato, or celery roots are all excellent choices.
- Use evaporated skim milk instead of cream when making cream soups.
- When dining out, choose broth-based soups.
- To help control sodium intake, use low sodium broth, stock or bouillon and water, and use low sodium seasonings or fresh herbs.

Check out these recipes!



Bean and fresh Herb Sandwich Spread

- **Ingredients**

- 3 cloves garlic
- 2 16 ounce cans Great Northern Beans, rinsed and drained
- 3 Tbsp lime juice
- 1 Tbsp olive oil
- 4 Tbsp chopped fresh basil
- 2 Tbsp chopped fresh thyme
- 1/2 tsp ground black pepper

- **Preparation**

1. Use a food processor to puree garlic, beans, lime juice, and olive oil until smooth.
2. Add basil, thyme, and pepper; pulse until incorporated and the herbs are coarsely chopped. Serve chilled.

Lentil Soup

- **Ingredients**

- 1 Tbsp olive oil
- 2 cups chopped onion
- 1 cup diced celery
- 3 carrots, peeled, halved lengthwise and cut into 1/4 inch pieces
- 3/4 tsp marjoram, crumbled
- 3/4 tsp thyme leaves, crumbled
- 28 oz can tomatoes, undrained, and chopped
- 3 cups water
- 4 cups canned low sodium broth
- 1 1/2 cups dried lentils, rinsed and picked over
- 1/2 tsp freshly ground black pepper
- 1/3 cup chopped fresh parsley or 2 Tbsp dried parsley flakes

- **Preparation**

1. Heat the oil in a large saucepan, and sauté the onions, carrots, marjoram, and thyme, stirring the vegetables for about 5 minutes
2. Add the tomatoes, broth, water, and lentils. Bring the soup to a boil, reduce heat, cover the pan, and simmer the soup for about 1 hour or until the lentils are tender.
3. Add the pepper and parsley, and simmer the soup for a few minutes.

Homemade Chicken Noodle Soup

- **Ingredients**

- 1 Tbsp olive oil
- 2 cups sliced celery
- 2 cups sliced mushrooms
- 2 cups chopped sweet onion
- Skinless, boneless chicken breasts, roasted or grilled (or skinless meat from 1 rotisserie chicken)
- 2 Tbsp minced garlic
- Black pepper to taste
- 3 cups (1 ½ cups dry) boiled and drained whole-wheat pasta
- 4 cups low-sodium chicken broth
- 4 cups water
- 1 ½ Tbsp chopped fresh herbs, such as parsley, sage and oregano

- **Preparation**

1. Add olive oil to large nonstick sauce pan and heat over medium-high heat. Add celery, mushrooms, and onion. Sauté until vegetables are lightly browned (about 5 minutes).
2. Stir in shredded chicken, garlic, and black pepper and toss to blend well.
3. Add the pasta, chicken broth, water and fresh herbs and bring to a gentle boil. Reduce heat to simmer, cover pot, and let simmer about 10-15 minutes.

