

ASIAN GARDEN SOUP



Asian Garden

You'll love this delicious, aromatic combination of many unrefined ingredients—whole-grains, seeds, and a garden of the most healthpromoting vegetables—broccoli, cauliflower, carrots, celery, green beans, spinach, cucumber, and many more whole-food ingredients.

Ingredients

Somen Asian Pasta, Broccoli, Carrot, 8 Grain Mix (Barley Flour, Millet, Buckwheat Flour, Brown Rice Flour, Flax Seeds, Teff, Amaranth, Quinoa), Sesame Seeds, Onion, Nutritional Yeast, Cauliflower, Cucumber, Green Beans, Herbal Seasoning (Salt, Red Pepper, Black Pepper, Garlic, Thyme, Basil, Oregano, Bay Leaf), Celery, Spinach, Salt.

Nutritionals per serving

Calories – 270
Carbohydrates – 41g
Protein – 14g
Fiber – 15g
Sodium – 330mg (14%)*
Fat – 7g



Garden Stir-fry

Ingredients: 1 Asian Garden Soup, 1 small chicken breast (boneless and skinless), 1 cup brown rice, cooked Lite soy sauce (optional).

Instructions: Cut chicken into strips. Cook chicken by frying in lightly-oiled skillet until cooked through. Add 3/4 cup water to pan along with the dry soup. Simmer 5 minutes. Serve over the rice with lite soy sauce (optional). Makes 1 serving.

Nutritionals per serving

Calories – 284
Carbohydrates – 31g
Protein – 28g
Fiber – 5g
Sodium – 215mg (9%)*
Fat – 6g



Garden Potato

Ingredients: 1 Asian Garden Soup, 1/4 cup low-fat plain, yogurt, 1/4 cup parmesan cheese (shredded).

Instructions: Bake or boil potatoes until soft. Add yogurt and cheese to soup prepared according to package directions. Cut up potato and pour soup mixture over it. Salt and pepper to taste. Makes 2 servings.

Nutritionals per serving

Calories – 265
Carbohydrates – 45g
Protein – 12g
Fiber – 7g
Sodium – 397mg (17%)*
Fat – 6g



* Percent Daily Value based on a 2,000 calorie diet



FOOD FIRST™