Spinach Salad with Orange Vinaigrette

**Ingredients:**
- 6 ounces fresh spinach
- 2 medium Italian plum tomatoes sliced crosswise
- ¼ cup crumbled soft goat cheese
- 1 tablespoon imitation bacon bits
- 2 tablespoons sliced dry-roasted almonds
- 2 teaspoon extra virgin olive oil
- 2 medium thinly sliced green onions
- ¼ cup fresh orange juice
- 2 tablespoons white wine vinegar
- 1 tablespoons light brown sugar
- ⅛ teaspoon pepper

**Directions:**

**Salad:**
1. Combine spinach, tomatoes, goat cheese, bacon bits, and almonds in a large bowl.

**Dressing:**
1. Coat the bottom of a small skillet with the oil and place over medium heat. Add the green onions and occasionally stir for 1 to 2 minutes or until onions are soft.
2. Add the remaining dressing ingredients. While stirring occasionally, let simmer for 1 to 2 minutes, or until the brown sugar is dissolved.
3. Pour over salad.

**Serving size:**
- Salad: 2 cups
- Dressing: 2 tablespoons

**Yield:**
4 servings

**Per serving**
- 105 calories, 10 grams carbohydrate, 4 grams protein, 6 grams fat, 1.5 grams saturated fat, 3 milligrams cholesterol, 2 grams fiber, 92 milligrams sodium, 101 milligrams phosphorus, 432 milligrams potassium

**Source:**
Tomato, Cucumber, and Yogurt Salad

Ingredients:
- 2 cucumbers
- 2 tomatoes
- ¾ cup nonfat yogurt
- 2 cloves garlic, minced (optional)
- 1 tablespoon minced fresh dill or mint
- Ground black pepper to taste

Directions:
1. Peel cucumbers, slice lengthwise, scoop out seeds, and slice thinly.
2. Core and chop tomatoes.
3. In large bowl, combine with remaining ingredients and mix.

Serving size: ½ cup
Yield: 4 servings
Per serving: 59 calories, 12 grams carbohydrate, 4 grams protein, 0 grams fat, 0 grams saturated fat, 2 milligrams cholesterol, 2 grams fiber, 36 milligrams sodium, 118 milligrams phosphorus, 477 milligrams potassium

Dilled Pasta Salad

Ingredients:
- 2 cups uncooked rotini or spiral macaroni
- ½ cup lite mayonnaise
- ¼ cup nonfat yogurt
- 1 tablespoon snipped fresh dill weed or ½ teaspoon dried dill weed
- ½ teaspoon dry mustard
- ¼ teaspoon pepper
- ½ cup sliced fresh mushrooms
- 1 medium zucchini, thinly sliced
- 1 medium carrot, coarsely shredded
- 1 small onion, chopped (about ¼ cup)

Directions:
1. Cook rotini or macaroni according to package directions. Drain well.
2. In a 2 ½ quart bowl, mix mayonnaise, yogurt, dill weed, mustard, and pepper.
3. Add mushrooms, zucchini, carrot, and onion and toss.
4. Cover and refrigerate for at least 3 hours.

Serving size: ⅔ cup
Yield: 8 servings
Per serving  
105 calories, 15 grams carbohydrate, 3 grams protein, 4 grams fat, 1 gram saturated fat, 3 milligrams cholesterol, 1 grams fiber, 125 milligrams sodium, 52 milligrams phosphorus, 154 milligrams potassium

Source:  

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**Lower Sodium Chicken Soup**

**Ingredients:**  
- 1 pound chicken breast (boneless, skinless, cooked)  
- 1 tablespoon of onion  
- 4 stalks of celery chopped  
- 2 tablespoons fresh parsley  
- 1 cup sliced carrots  
- 1 tablespoon butter  
- 5 cups low-sodium chicken broth  
- 7 ½ cups of water  
- ⅛ teaspoon black pepper  
- ¼ teaspoon black pepper  
- 1 cup frozen mixed vegetables

**Directions:**  
1. Prepare the chicken by dicing and setting to the side. Prepare the onion, celery, and parsley next by chopping them. Finally, slice the carrots into ½-inch thick slices.
2. In a 4-quart pot, sauté the butter and onion until the onion is tender. This will take about 5 minutes.
3. Add the water and chicken broth to the pot and bring to a boil.
4. Once boiling, add the chicken, celery, parsley, and pepper. Cover and let simmer for 30 minutes.
5. Add the carrots. Recover and simmer for an additional 20 minutes.
6. Add the frozen vegetables. Recover and simmer for an additional 20 minutes.

**Serving size:**  
1 ½ cup

**Yield:**  
10 servings

**Per serving**  
97 calories, 5 grams carbohydrate, 13 grams protein, 3 grams fat, 1 grams saturated fat, 31 milligrams cholesterol, 1.6 grams fiber, 301 milligrams sodium, 116 milligrams phosphorus, 274 milligrams potassium

**Source:**  
Tomato and Roasted Red Bell Pepper Soup

Ingredients:
- 14.5 ounces canned, no-salt-added, diced tomatoes (undrained)
- 1 ¾ cups fat-free, low-sodium chicken broth
- ½ cup chopped, roasted red bell peppers (drained if bottled)
- 1 tablespoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon sugar
- ½ teaspoon salt
- ¼ cup chopped, fresh parsley
- 2 teaspoons extra virgin olive oil
- ¼ teaspoon crushed red pepper flakes (optional)

Directions:
1. In a medium saucepan, bring to boil over high heat the tomatoes with liquid, broth, roasted peppers, red pepper flakes, oregano, and basil.
2. Once boiling, reduce the heat and simmer, covered, for 10 minutes. Remove the saucepan from the heat and stir in the remaining ingredients.

Serving size: ¾ cup
Yield: 6 servings

Per serving: 57 calories, 3 grams carbohydrate, 2 grams protein, 2.5 grams fat, 0.5 grams saturated fat, 0 milligrams cholesterol, 1 grams fiber, 127 milligrams sodium, 43 milligrams phosphorus, 252 milligrams potassium

Vegetarian Chili

Ingredients:  
- 2 cups diced onion  
- 1 cup diced celery  
- 1 cup diced bell pepper  
- 2 cloves garlic, minced  
- 2 tablespoons water  
- 2 Fresno peppers, diced  
  (jalapeño peppers can be used in place of Fresno peppers)  
- 2 quarts crushed tomatoes (no salt added)  
- 2 cups cooked pinto beans  
  (no salt added; if canned, rinse under water)  
- 2 tablespoons cumin  
- 1 tablespoon chipotle pepper  
- 1 tablespoon black pepper  
- 1 tablespoon balsamic vinegar  
- 1 tablespoon oregano

Directions:  
1. In a medium saucepan, bring to boil over high heat the tomatoes with liquid, broth, roasted peppers, red pepper flakes, oregano, and basil.  
2. Once boiling, reduce the heat and simmer, covered, for 10 minutes. Remove the saucepan from the heat and stir in the remaining ingredients.

Serving size: 1 ½ cups  
Yield: 8 servings  
Per serving 178 calories, 34 grams carbohydrate, 7 grams protein, 1 gram fat, trace amount of saturated fat, 0 milligrams cholesterol, 9 grams fiber, 79 milligrams sodium, 117 milligrams phosphorus, 761 milligrams potassium