

## Strawberry Sorbet

**3/4 cup milk**  
**1 cup frozen banana slices**  
**1 cup frozen strawberries**

Combine all ingredients in a blender or food processor. Blend until smooth.

*Per 1/2 cup serving: 68 calories; 14 g carbohydrates (77%); 2 g protein (10%); 1 g fat (13%); 7 mg sodium; 10 mg calcium; 0 cholesterol.*

## Scrambled Tofu

<b>1 lb. firm tofu</b>	<b>1 1/2 tsp. chicken-style seasoning</b>
<b>1/2 cup chopped green onions</b>	<b>1 tsp. parsley flakes</b>
<b>1/2 cup sliced mushrooms (opt.)</b>	<b>1/4 tsp. garlic powder</b>
<b>1/4 tsp. tumeric (opt.)</b>	<b>1/4 tsp. onion powder</b>
<b>2 tsp. liquid aminos (soy sauce substitute)</b>	

Drain tofu thoroughly in a colander or squeeze out excess water with hands. Mash drained tofu in a bowl and add remaining ingredients. Bake at 350 degrees F for 30 minutes or simmer in a nonstick skillet for about 20 minutes, or until all liquid has evaporated, stirring occasionally. Best if mixed several hours before cooking to let flavors blend. Serves 4.

\*Variation: Add chopped red or green peppers, sliced mushrooms, diced boiled potatoes. Or, add salsa, sliced avocado and low-fat cheese.

*Per 1/2 cup serving: 169 calories; 18.4 g protein (40%); 5.7 g carbohydrate (12%); 9.9 g fat (48%); 427 mg sodium; 242 mg calcium; 0 cholesterol.*

## Minestrone Soup

**½ pound dried cannellini beans**  
**2 T. extra-virgin olive oil, plus more for serving**  
**1 large onion, coarsely chopped**  
**1 carrot, peeled and sliced crosswise ¼ inch thick**  
**1 celery stalk, sliced crosswise ¼ inch thick**  
**1 c. whole canned tomatoes with juice, crushed**  
**1 bunch kale (preferably Tuscan), thick stems removed, and leaves cut crosswise into 1-inch ribbons (8cups)**  
**3-inch piece Parmigiano-Reggiano cheese rind, plus grated Parmigiano-Reggiano cheese, for serving**  
**1 Tb. coarse salt, plus more if needed**  
**2 tsp. finely chopped fresh sage**

**1 dried bay leaf**  
**2 cloves garlic, minced**  
**2 tsp. finely chopped fresh rosemary**  
**3 tsp. finely chopped fresh thyme**  
**1 medium russet potato, cut into ½ inch cubes**  
**1 pound butternut squash, peeled, cut into ½ inch cubes**  
**¼ tsp. crushed red-pepper flakes**

1. Place beans in a medium bowl. Add enough cold water to cover by 2 inches. Let soak overnight. Drain, and set aside.
2. In a large pot, combine 8 cups of water, drained beans, and bay leaf. Bring to a boil. Reduce to a simmer, and cook, partially covered, until beans are almost tender, about 1 hour.
3. In a medium sauté pan, heat oil over medium heat. Add onion, garlic, carrot, celery, rosemary, and 2 tsp. thyme. Cook, covered, until onions begin to soften, about 10 minutes. Stir in tomatoes, and bring to a simmer. Cook for 2 minutes. Add vegetable mixture to the beans.
4. Stir in squash, potato, kale, cheese ring, salt, and pepper. Add enough water to just cover (about 6 cups), and bring to a boil. Reduce to a simmer, and cook covered, until potatoes and beans are tender, about 25 minutes.
5. If desired, to thicken the soup, use the back of a spoon to mash about 2 cups of beans, squash and potato against the side of the pot. Add sage, remaining teaspoon of thyme, and crushed red pepper. Taste, and adjust for seasoning. Garnish with grated cheese and a drizzle of olive oil, if desired. Serve immediately.