

2015 DHSS Go RED RECIPES

Skinny Strawberry Chocolate Chip Muffins



Low fat and 140 calories per muffin!

1¼ cups all-purpose flour

½ tsp baking soda

½ tsp ground cinnamon

½ cup granulated sugar

1/4 cup light brown sugar, packed

1/2 cup + 2 Tablespoons unsweetened applesauce

1 egg white, beaten

2/3 cup diced strawberries

1/3 cup mini chocolate chips

Preheat oven to 350 degrees. Spray a muffin pan with nonstick cooking spray. In a large bowl, stir together the flour, baking soda, and cinnamon. In a separate bowl, whisk the brown sugar, granulated sugar, and applesauce together until no brown sugar lumps remain. Whisk in the beaten egg white. Pour the wet ingredients into the dry ingredients and stir with a rubber spatula or large wooden spoon until just combined - do not over mix. Fold in the strawberries and chocolate chips. Divide the batter evenly between 10 muffin cups. Bake for 15-20 minutes until light brown and a toothpick inserted in the middle comes out clean.

~Submitted by Kristi Luebbering

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Tomato Basil Parmesan Soup

INGREDIENTS

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| 2 (14 oz) cans diced tomatoes, with juice | 1 cup finely diced celery |
| 1 cup finely diced carrots | 1 cup finely diced onions |
| 1 tsp dried oregano or 1 T fresh oregano | 1 T dried basil or 1/4 cup fresh basil |
| 4 cups chicken broth | ½ bay leaf |
| ½ cup flour | 1 cup Parmesan cheese |
| ½ cup butter | 1 tsp salt |
| ¼ tsp black pepper | |
| 2 cups half and half, warmed (I would go with only a cup and a half though) | |

DIRECTIONS

1. Add tomatoes, celery, carrots, chicken broth, onions, oregano, basil, and bay leaf to a large slow cooker.
2. Cover and cook on LOW for 5-7 hours, until flavors are blended and vegetables are soft.
3. About 30 minutes before serving prepare a roux. Melt butter over low heat in a skillet and add flour. Stir constantly with a whisk for 5-7 minutes. Slowly stir in 1 cup hot soup. Add another 3 cups and stir until smooth. Add all back into the slow cooker. Stir and add the Parmesan cheese, warmed half and half, salt and pepper. Add additional basil and oregano if needed (the slow cooker does a number on spices and they get bland over time, so don't be afraid to always season to taste at the end).
4. Cover and cook on LOW for another 30 minutes or so until ready to serve