



Minestrone Soup

Prep: 10 minutes • Cook Time 45 minutes • Makes 6 Servings

INGREDIENTS

- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup sliced mushrooms
- 32 ounces tomato juice
- 32 ounces chicken or vegetable broth
- 2 small zucchini, sliced
- 1 heaping cup (or more) of shredded cabbage (napa or green cabbage)
- Medium size carrot, sliced
- 15-ounce can of chickpeas or cannellini beans
- Italian seasoning
- salt and black pepper

PREPARATION

1. Add a couple of tablespoons of oil to a pot on medium heat.
2. Add the chopped onion and garlic. Cook for 3-4 minutes, stirring often.
3. Stir in the mushrooms, season with the salt, and continue cooking for 3-4 more minutes.
4. Add the tomato juice and broth.
5. Add the beans with the Italian seasoning and black pepper.
6. Stir in the zucchini, cabbage, and carrot.
7. Bring to a boil then reduce to a simmer and cook for 30-45 minutes.
8. Taste and add more salt and pepper if needed.



NUTRITION

Calories: 71kcal | Carbohydrates: 15g | Protein: 4g | Fat: 1g | Saturated Fat: 1g | Sodium: 994mg | Potassium: 822mg | Fiber: 3g | Sugar: 10g | Vitamin A: 2581IU | Vitamin C: 60mg | Calcium: 60mg | Iron: 2mg



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Zucchini Pancakes

Prep: 20 minutes • Cook Time 4 minutes/pancake • Makes 12 pancakes



INGREDIENTS

- 3 medium zucchini (about 3/4 pound), peeled and shredded.
- 1 medium onion, chopped
- 2 extra-large eggs, lightly beaten
- ¼ cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon Pepper
- 1 Tablespoon butter
- Oil for frying

PREPARATION

1. Place the shredded zucchini in a colander with ½ teaspoon of salt and set aside for 30 minutes.
2. Squeeze out as much liquid as possible.
3. Saute the onion in butter until softened (about 3 minutes). Put the cooked onion and drained zucchini in a mixing bowl.
4. Add the beaten eggs, flour, remaining ½ teaspoon of salt, pepper and mix well.
5. Add about 1/8 inch of oil to a skillet for frying.
6. Drop rounded tablespoon full of the mixture into the oil and flatten slightly with the back of the spoon to form a pancake.
7. Cook for 1-2 minutes on each side, or until golden in color.
8. Drain on paper towels and serve.

TIPS

- Zucchini pancakes can be topped with tomato sauce, sour cream, yogurt, grated cheese, etc.
- Pancakes can be refrigerated/frozen and reheated.



Zucchini Pancakes

Prep: 20 minutes • Cook Time 4 minutes/pancake • Makes 12 pancakes

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NUTRITION

Calories: 54 | Total Fat: 3 g

Saturated Fat: 1 g

Carbohydrates: 6 g

Dietary Fiber: 1 g

Sugar: 1 g | Protein: 2 g

Cholesterol: 43 mg

Sodium: 127 mg

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