Vegetarian Recipes
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1) Mexican-Style Stuffed Potatoes — Makes 4 servings

Ingredients

4 10-ounce russet potatoes, rinsed, dried
½ cup milk
1 cup (packed) shredded Mexican-blend cheeses, grated low-fat (2% milk) cheddar cheese (about 4 ounces)
1/3 cup crushed nacho-flavored tortilla chips
1/3 cup chopped fresh cilantro
¼ cup chopped green onions
Optional: 1 Tbsp. Light sour cream (20 calories, 1 gram fat)
2 Tbsp. Salsa (10 calories, 0 grams fat)

Directions

Position rack in top third of oven and preheat to 425 F. Pierce each potato several times with toothpick or fork. Bake on rack until tender, about 1 hour 10 minutes (or microwave on high until tender, turning once, 10 to 15 minutes). Transfer potatoes to work surface. Maintain oven temperature.

Cut off top ¼ of long side of potato. Scoop potato flesh from skins into large bowl, leaving ¼ inch-thick shell. Mash potato flesh with milk. Mix in cheese, chips, cilantro and onions. Season with salt and pepper. Fill shells with potato mixture, mounding in center. (Can be prepared 2 hours ahead. Cover with plastic and let stand at room temperature.)

Return stuffed potatoes to oven and bake until heated through, about 20 minutes. Top potatoes with sour cream and salsa and then serve.

Nutrients per Serving

Calories: 394
Fat: 13g
Saturated Fat: 7
Protein: 13g
Carbohydrates: 58g
Dietary Fiber: 5g

2) **Vegetarian Tortilla Soup** **Makes 4 servings**

Ingredients

Nonstick vegetable oil spray
¾ cup chopped onion
2 garlic cloves, minced
1 tablespoon tomato paste
1 teaspoon ground cumin
¾ teaspoon chili powder
4 cups canned vegetable broth
4 Tbsp. Chopped fresh cilantro
4 6-inch-diameter corn tortillas, cut into ½-inch-wide strips
1 ½ cups chopped tomatoes
2/3 cup canned black beans, drained, rinsed
2/3 cup chopped zucchini
1 ½ tsp. Minced seeded jalapeno chili

Directions

Spray large nonstick saucepan with nonstick spray. Add onion and garlic; cover and cook over medium-low heat until almost tender, stirring often, about 5 minutes. Stir in tomato paste, cumin, and chili powder. Add broth and 2 Tbsp. Cilantro; bring to boil. Reduce heat; cover and simmer 15 minutes.

Add tortillas, tomatoes, beans, zucchini, and jalapeno to soup. Cover; simmer until zucchini is tender, about 5 minutes. Season to taste with salt and pepper.

Ladle soup into bowls. Sprinkle with remaining 2 Tbsp. Cilantro and serve.

Nutrients per Serving

Calories: 156
Total Fat: 2g
Saturated Fat: 0g
Protein: 8g
Carbohydrates: 31g
Dietary Fiber: 6g

3) **Marinated Strawberries with Mango Sorbet** **Makes 2 servings**

Ingredients

1 ½ cups sliced strawberries
1 Tbsp. Powdered sugar
2 tsp. Chopped fresh mint
1 cup mango sorbet

Directions

Combine the first 3 ingredients in a bowl. Cover the strawberry mixture, and chill 2 hours. Spoon ½ cup strawberry mixture into each of 2 dessert bowls, and top each serving with ½ cup mango sorbet.

Nutrient per Serving

Calories: 152
Total Fat: 1g
Carbohydrates: 35g
Cholesterol: 0mg
Sodium: 68mg
Protein: 2g
Dietary Fiber: 3g