

Creamed Broccoli with Mandarin Oranges

Sodium Per Serving – 83mg

Serves 4

1 tbsp unsalted margarine or butter	2 cups Chicken Stock or canned LS chicken broth
3–4 small red potatoes, quartered (about 1 1/4 pounds)*	2 tsp (or 2 envelopes) LS chicken bouillon granules
1/2 tsp ground cumin	1/2 cup half-and-half*
1/4 tsp garlic powder	1/2 cup lowfat milk
1/4 1/4 tsp ground black pepper	2 tbsp lowfat sour cream
1 small sweet onion, thinly sliced, such as Vidalia	1/8 tsp ground nutmeg
4 cups or 1 (16-oz) package broccoli florets	1 (10-oz) can mandarin oranges in light syrup, drained

1. Melt margarine in a large saucepan over medium heat; add potatoes, cumin, garlic powder, and pepper, stirring until potatoes are well coated. Mix in onions and broccoli; cook, stirring frequently, until onions are soft, 2 to 3 minutes.
2. Add chicken stock and bouillon; bring to a boil. Decrease heat to medium-low; cover, and simmer until vegetables are tender, 10 to 15 minutes.
3. Stir in the half-and-half, milk, and sour cream. Remove from heat and cool slightly.
4. Place one-half broccoli mixture in a blender or food processor and pulse until smooth; repeat with remaining mixture.
5. Return purée to pan, add nutmeg and mandarin oranges; heat through.

NUTRITIONAL INFO PER SERVING: Calories 284, Fat 11g (Saturated Fat 4g), Cholesterol 23mg, Carbohydrates 36g (Fiber 4g, Sugar 9g), Sodium 83mg (138mg with LS canned broth)

Variation:

Cheesy Broccoli Soup

Omit the mandarin oranges and add 2 oz shredded lowfat Cheddar cheese (about 1/2 cup) to the puréed soup; stir until melted.

NUTRITIONAL INFO PER APPETIZER: Calories 271, Fat 12g (Saturated Fat 4g), Cholesterol 25mg, Carbohydrates 31g (Fiber 3g, Sugar 6g), Sodium 113mg (171mg with LS canned broth)

***Recipe Notes**

1. Other potato choices to use are Yukon gold or white potatoes.
2. If you don't have half-and-half on hand, increase the milk to 2/3 cup and the sour cream to 1/2 cup.