



## ROASTED ZUCCHINI SOUP

### SERVES 4

The addition of sour cream lends a lovely creaminess to this “super-green” vitamin- and mineral-rich soup.

- 3 medium-sized zucchini, cut into 1 to 2 in (2.5 to 5 cm) chunks
- 1 large onion, cut into 2 in (5 cm) chunks
- 3 whole garlic cloves, unpeeled, pierced with sharp knife
- 1 Tbsp (15 mL) olive oil
- Salt and freshly ground pepper to taste (optional)
- 4 1/2 cups (1.125 L) low-sodium vegetable or chicken stock
- 1 cup (250 mL) frozen peas
- 1 whole wheat pita bread or gluten-free wrap
- 1 tsp (5 mL) olive oil or melted butter for pita chips
- Dash of smoked paprika (optional)
- 3 1/2 Tbsp (52 mL) sour cream

Preheat oven to 400 F (200 C). Place zucchini, onion chunks and pierced garlic in roasting pan and toss with olive oil. Season with salt and pepper, if using. Roast for 25 minutes, or until soft and golden in color. (Watch carefully to prevent burning!)

While vegetables are roasting, pour stock into large saucepan and bring to a boil. Add frozen peas and lower heat to simmer. Remove vegetables from oven. Peel garlic cloves and add them, along with the roasted vegetables (plus any drippings from roasting pan), to food processor. Add stock and peas in batches and blend until smooth. Season to taste.

Meanwhile, cut pita or wrap into small triangular pieces and lightly coat with oil or butter, using your Öngers. Sprinkle with paprika, if using. Place on baking sheet and toast in oven for 4 minutes, or until crispy and golden brown. Remove.

Return soup to saucepan and heat through gently. Add sour cream and heat for 1 minute more. Ladle soup into heated bowls and top with toasted pita chips.

**EACH SERVING CONTAINS:** 245 calories; 12 g protein; 10 g total fat (3 g sat. fat, 0 g trans fat); 28 g total carbohydrates (11 g sugars, 4 g Öber); 493 mg sodium

## TOMATO HERB BUTTER BEAN SOUP

### SERVES 4

When you have to get dinner on the table fast, this hearty, easy-to-prepare soup is the perfect solution.

- 2 Tbsp (30 mL) olive oil
- 1 onion, finely chopped
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 2 1/2 cups (625 mL) butter beans or giant white beans (about 2 small cans, drained and rinsed)
- 1/4 cup (60 mL) sun-dried tomato paste
- 3 cups (750 mL) low-sodium chicken or vegetable stock
- 1 Tbsp (15 mL) chopped fresh rosemary
- Salt and pepper to taste (optional)
- 4 tsp (20 mL) grated Parmesan cheese for topping

Heat oil in large saucepan over medium heat. Add onion and sauté until just softened. Add celery and garlic, and cook for a further 2 minutes. Add beans, tomato paste, stock and rosemary, and season with salt and freshly ground pepper to taste. Bring mixture to a boil, then reduce heat; cover and simmer for 10 minutes.

Ladle soup into 4 serving bowls and top each bowl with a teaspoon of grated Parmesan cheese.

**EACH SERVING CONTAINS:** 253 calories; 15 g protein; 9 g total fat (2 g sat. fat, 0 g trans fat); 31 g total carbohydrates (6 g sugars, 9 g fiber); 121 mg sodium





## POWER PESTO SOUP

**SERVES 4**

Pesto lends both color and flavor to this meal-in-a-bowl.

1 Tbsp (15 mL) olive oil  
1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
2 medium tomatoes, skinned and chopped  
4 1/2 cups (1.125 L) low-sodium vegetable or chicken stock  
1 Tbsp (15 mL) pesto, plus extra dash for garnish  
Rind and juice of 1 lemon  
Salt and pepper to taste (optional)  
3/4 cup (180 mL) chopped broccoli  
1 small zucchini, diced  
1 cup (250 mL) frozen shelled edamame (soybeans), optional  
2/3 cup (160 mL) small pasta shapes  
1 cup (250 mL) shredded spinach  
Fresh basil or parsley, to garnish

Heat oil in large saucepan over medium heat. Add onion and cook till softened and translucent. Add garlic, tomatoes, stock, pesto, lemon rind and salt and pepper to taste, if using. Bring to a boil, then reduce heat to a gentle simmer and cook for 10 minutes.

Add broccoli, zucchini, edamame (if using) and pasta, then simmer for a further 7 to 10 minutes. Add spinach and lemon juice; cook until spinach is soft and pasta is al dente.

Serve immediately, topping each bowl of soup with a tiny dollop more of pesto, then garnish with fresh parsley or basil leaves.

**EACH SERVING CONTAINS:** 288 calories; 16 g protein; 11 g total fat (2 g sat. fat, 0 g trans fat); 36 g total carbohydrates (9 g sugars, 6 g fiber); 416 mg sodium



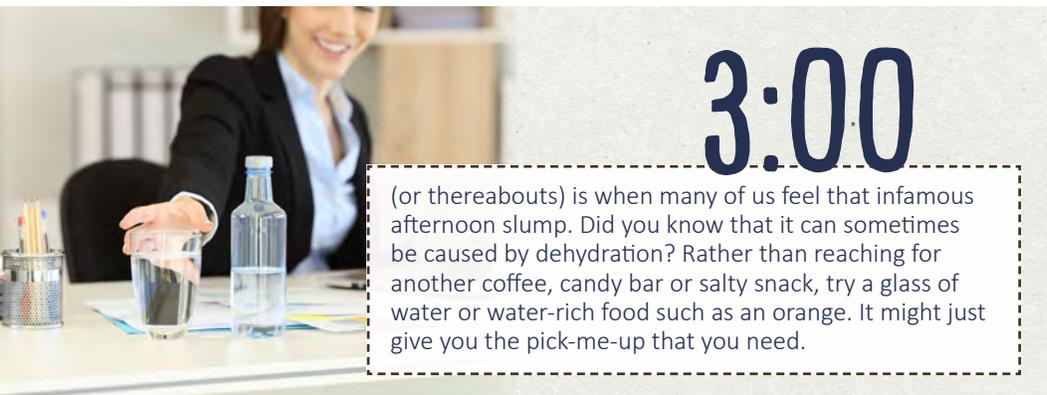
**74%** less likely to choose an apple, and instead eat a brownie as a post-workout snack, were participants in a recent study. When participants were presented with the choice of an apple or brownie as their post-workout snack *before* they completed the exercise, though, they were more likely to opt for apple. The moral of the story? You may want to choose your snack before your workout.



# 2

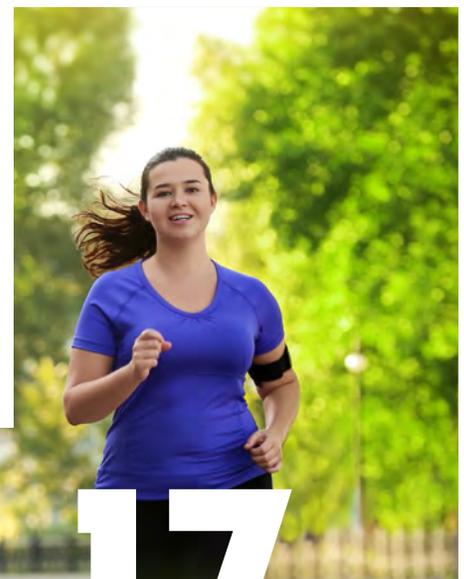


hormones involved in our stress response are adrenaline and cortisol, which help us “flight” or “fight” when we experience a threat. When our bodies are stressed on an ongoing basis though, they have a negative effect, increasing our risk of chronic diseases and altering our immune system response. Adopt stress reduction practices that work for you, like exercise, seeing friends, eating healthy meals, or knitting.



# 3:00

(or thereabouts) is when many of us feel that infamous afternoon slump. Did you know that it can sometimes be caused by dehydration? Rather than reaching for another coffee, candy bar or salty snack, try a glass of water or water-rich food such as an orange. It might just give you the pick-me-up that you need.



# 17

studies about visceral adipose tissue (deep belly fat around the organs) were reviewed by researchers. The scientists found that exercise was the best way to remove this type of fat—weight loss without exercise isn’t nearly as effective. Deep belly fat is notorious because of its link to cancer, diabetes and heart disease. To help reduce it, aim for 150 minutes of exercise (or more) every week.



13 vitamins (including eight B vitamins) are needed by our bodies. Are you getting enough? Eating a balanced, healthy diet increases your chances, but sometimes it’s tricky. Seniors, vegetarians, pregnant or breastfeeding women and those who live in Northern latitudes are at a greater risk of deficiency. Your health care practitioner can test your levels and develop a customized plan for you.