

FOOD

Healthy Turkey Soup



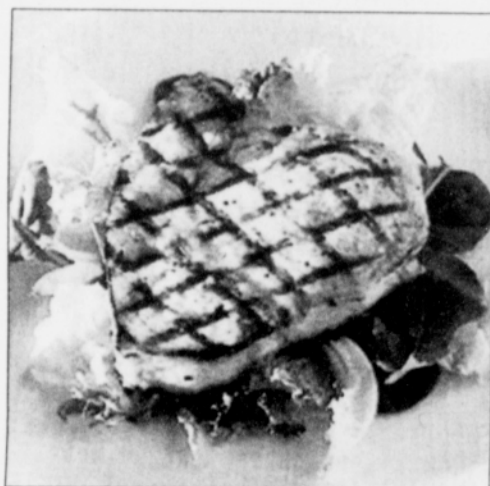
Ingredients

- 1 lb. ground turkey, browned
- 2 cans Italian Del Monte tomatoes or spices added to your canned tomatoes.
- 3 cans chicken broth
- 1/2 pkg. medium egg noodles
- 1/2 c. onion
- 1 pkg. mixed frozen vegetables

Directions

Cook for 15 minutes, adding vegetables the last 5 minutes. So they will be al dente. This recipe can be varied, use barley instead of noodles, any kind of vegetables, fresh or frozen, etc.

Marinated Glazed Swordfish



Ingredients

- Olive oil
- Salt
- 1/4 c. olive oil
- 2 tbsp. orange marmalade
- 1 tbsp. grated fresh ginger
- 1 tsp. garlic, minced
- 1/2 tsp. ground white pepper
- 1/4 c. fresh lemon juice
- 1/4 c. white wine vinegar
- Freshly ground pepper
- 4 slices swordfish (6 oz. each)

Directions

Brush swordfish with olive oil and grind a little pepper over the slices. Refrigerate until ready to use. Combine all remaining ingredients, except 1/4 cup olive oil and place in a saucepan. Bring to a boil and reduce to 1/2 cup. Remove from heat. Cool. Whisk in the oil. Heat your barbecue grill and brush it with a little oil to prevent the fish from sticking. Warm the marinade. Brush the fish with a little of the marinade, then grill it quickly, until it feels springy to the touch, about 5 minutes per side. Serve with any leftover marinade. Serves 4.

Glazed Pork Chops

Ingredients

- 6 pork chops, center cut, approximately 1/2 inch thick
- 1/2 c. teriyaki sauce
- 1 tbsp. lemon juice
- 1 c. unsweetened applesauce
- 1/4 c. orange marmalade

Directions

Combine teriyaki sauce and lemon juice in a 9x13 inch baking pan. Arrange chops in pan, turning once to coat with sauce. Cover and place in refrigerator to marinate 4 or 5 hours. Remove from refrigerator and let come to room temperature. Bake at 350 degrees covered for 45 minutes. Drain drippings from pan. Combine applesauce and marmalade and spread over chops. Return to oven uncovered and bake 15 minutes longer. Serves 6. 6 servings.



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 ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

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