

Here's another great, healthy recipe
from your MCTHD dietitians!

Turkey White Bean Soup

1/2 lb. smoked turkey breast, cubed (cooked)
2 C. white beans, jarred or canned (fully cooked)
3 C. chicken broth, low-sodium
1/2 t. parsley
1/4 t. crushed red pepper
1 t. salt
2 bay leaves
1/2 t. oregano



Combine all ingredients and bring to a boil. Reduce heat and simmer, about 20 minutes.
Makes 8 servings.

Nutritional value: 1 serving: 1 cup; 108 calories, 0.9 g. total fat, 0.4 g. saturated fat, 14.4 g. cholesterol, 711 mg. sodium, 11.4 g. protein, 12.6 g. carbohydrate, 2.9 g. fiber.

