

## No-Salt Seasoning

1 ½ tsp garlic powder

1 ¼ tsp dried thyme

1 ¼ tsp onion powder

1 ¼ tsp paprika

¼ tsp celery seed

1 ¼ tsp white pepper

1 ¼ tsp dry mustard

1 ¼ tsp dried lemon peel

1 ¼ tsp black pepper

Mix all ingredients together. Store in an airtight container.

**Nutritional Information:** One serving = 1/4 teaspoon. **Serves** 46.

Calories: 1.9, Protein: 0 g, Carbohydrates: 0 g, Fiber: 0 g, Cholesterol: 0 mg,

Total Fat: 0 g, Sodium: 0 mg



## Winter Squash Soup

2 cups mashed winter squash (any variety) or sweet potatoes, cooked if fresh, thawed if frozen, or drained if canned	½ tsp garlic powder
3 cups fat-free, low sodium chicken broth	½ tsp ground cumin
1 tsp onion powder	½ tsp salt
	¼ tsp pepper
	1 cup fat-free half and half

1. In a medium saucepan, bring all ingredients except the half and half to a simmer over medium-high heat, stirring occasionally.
2. Reduce the heat and simmer covered, for 6 to 8 minutes, or until flavors have blended.
3. Stir in the half and half. Cook for 2 to 3 minutes, or until the soup is warmed through, stirring occasionally.

**Nutritional Information:** One serving = 1 cup of soup. **Serves:** 6.  
Calories: 63, Protein: 3 g, Carbohydrates: 11 g, Fiber: 2 g, Cholesterol: 0 mg, Total Fat: 0 g, Sodium: 69 mg



## Pumpkin, Chickpea, and Red Lentil Stew

1 lb. pie pumpkin or winter squash, peeled, seeded, and cut into 1-inch cubes	1 tablespoon lime juice
1 15-ounce can chickpeas (garbanzo beans), rinsed and drained	1 teaspoon ground cumin
3 medium carrots, sliced 1/2-inch thick coins	1/4 teaspoon ground turmeric
1 cup chopped onion (1 large)	1/4 teaspoon ground black pepper
1 cup red lentils, rinsed and drained	4 cups chicken or vegetable broth
2 tablespoons tomato paste	1/4 cup chopped peanuts
1 tablespoon grated fresh ginger	2 tablespoons chopped, fresh cilantro
	Plain non-fat yogurt (optional)

1. In a 3-1/2- to 4-quart slow cooker, combine pumpkin, chickpeas, carrots, onion, lentils, tomato paste, ginger, lime juice, cumin, salt, turmeric, and pepper.
2. Pour broth over all in cooker.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
4. Top each serving with peanuts, cilantro, and if desired, yogurt.

**Nutritional Information:** One serving = 1 cup of stew. **Serves** 11.  
Calories: 143, Protein: 5 g, Carbohydrates: 27 g, Fiber: 8 g, Cholesterol: 0 mg, Total Fat: 2 g, Sodium: 155 mg



## Chicken Corn Chowder

6 potatoes, peeled and diced

2 cups carrots, sliced

1 onion, chopped

4 cups low sodium chicken broth

12 ounces (1-½ cups) frozen corn

2 cups chicken, cooked and diced

1 cup skim milk

¼ tsp garlic powder

½ tsp black pepper

1 cup instant mashed potatoes

1. Cook potatoes, carrots, and onion in broth until soft.
2. Add corn and chicken. Cook for 5 minutes longer.
3. Add milk, spices, and mashed potatoes. Stir until potatoes are dissolved.
4. Heat through and ENJOY!

**Nutritional Information:** One serving = 1 cup of chowder

Calories: 126, Protein: 9 g, Carbohydrates: 23 g, Fiber: 3 g, Cholesterol: 11 mg, Total Fat: 1 g,  
Sodium: 191 mg

