

B.L.T. in a Bowl

Makes 4 Servings

Two 10 3/4-ounce cans 30%-less-sodium tomato soup
2 cans water
6 to 8 ounces frozen cheese tortellini
One 6-ounce bag pre-washed baby spinach (about 4 packed cups)
4 teaspoons real bacon bits
2 tablespoons grated Parmesan cheese, optional

Pour the tomato soup and water into a large saucepan and stir to combine. Cover and bring to a boil. Add the tortellini and cook, uncovered, according to package directions, stirring frequently. Do not drain. When the tortellini is done, stir in the spinach and cook until wilted, about 2 minutes. Serve in individual bowls and top with bacon bits and Parmesan cheese as desired.



Nutrition Information per serving: 260 calories, 4g fat, 1.5g saturated fat, 780mg sodium, 47g carbohydrates, 3g fiber, 7g protein, 50% vitamin A, 60% vitamin C

Kitchen Notes

- ◆ Pre-washed and bagged baby spinach leaves are one of the healthiest “convenience” foods in the market. Spinach is an excellent source of health-enhancing antioxidants as well as vitamin K, important for bone health.
- ◆ Cooked tomato products – pasta sauce, crushed tomatoes, ketchup, and tomato soup – are all excellent sources of lycopene, an antioxidant that protects against heart disease and lowers the risk of some cancers.
- ◆ Some of our favorite brands of soup include Amy’s Organic, Health Valley, Imagine Natural, and Campbell’s Healthy Request.
- ◆ Tomatoes are a fruit of a vine native to South America. The U.S. government classified the tomato as a “vegetable” for trade purposes in 1893. Today, this fruit is one of America’s favorite vegetables. Ripe tomatoes are best stored at room temperature. Refrigeration dulls the flavor and makes the flesh pulpy.

Nutrition IQ

Young children need a minimum of 5 servings of fruits and vegetables a day. A serving is equal to 1/2 cup chopped, cooked, or canned fruits or veggies, 1 medium apple, orange, banana or other whole fruit, 1/4 cup dried fruit, 1 cup raw, leafy vegetables, or 6 ounces 100% fruit or vegetable juice.

Recipe adapted from *The Moms' Guide to Meal Makeovers* (Broadway Books 2004)
www.MealMakeoverMoms.com

