FROM SOUP TO NUTS

A teaspoon of wisdom
A cupful of love
A dash of good humor
And a batch of good recipes
Blended, garnished and spiced
To serve up smiles

Prosthodontics Intermedica
Cupfuls of Love
Carrot Vichyssoise

2 large carrots, peeled and cut in pieces
2 medium potatoes, peeled and cubed
1 leek, cut in pieces (white and inner pale green)
3 cups chicken stock
1 cup heavy cream
Salt and pepper
Chopped chives

Place carrots, leeks and potatoes in Cuisinart® bowl. Process, turning on and off rapidly until coarsely chopped, about \( \frac{1}{2} \) minute. In large saucepan, combine chopped vegetables and chicken stock. Simmer for 30 minutes; strain vegetables, reserving liquid. Purée vegetables in two batches. Combine vegetables with liquid in bowl or container. Stir in cream. Season with salt and pepper. Cool and refrigerate.

Variation: Add one large bunch of watercress to vegetable mix before cooking.

Paula Metash, West Chester, PA

Chick Pea Dip

_Hommos Bi Tahini_

1 can Garbanzo Beans (chick peas) 2 cloves garlic
Juice of one lemon 3 tablespoons Tahini
1 teaspoon water 1 teaspoon salt

Blend chick peas in food processor or blender. Add lemon juice, garlic and water. Blend until well mixed. Add Tahini and salt. Blend until creamy and soft. Serve with olive oil on the side.

Laila Farah, Lebanon
Creamy Apple Soup
Apfelweinsuppe

Soup:
2 cups water
2 cups white wine
1 small piece of lemon peel
1 small cinnamon stick
3 medium, sweet apples
Juice of 1 lemon
\(\frac{1}{4}\) cup cornstarch
Water
\(\frac{1}{3}\) cup sugar

Meringue Drops:
1 egg white
2 tablespoons sugar
\(\frac{1}{4}\) teaspoon vanilla extract

To Make Soup: In a medium, enamel-lined saucepan, heat 2 cups water, wine, lemon peel and cinnamon. Peel and core apples; finely slice. Add apples to warm liquid; poach briefly, being careful not to over cook. In a small cup, combine lemon juice and cornstarch. Add a little water. Stir mixture into apple and wine mixture. Add sugar, stirring until dissolved.

To Make Meringue: In a small bowl, beat egg white until nearly stiff. Gradually beat in sugar and vanilla. Drop by spoonfuls onto surface of hot but not boiling soup. Cover and cook 3 to 5 minutes until set. Using a slotted spoon, carefully remove meringue drops; set aside on a plate. Transfer apple soup into individual bowls or a tureen. Garnish with Meringue drops. Serve in winter with toasted bread or Melba toast or in summer as a cold soup. Toasted almonds are particularly good sprinkled over soup. Makes 4 to 6 servings.

Martina Burkhard, Prosthodontics Intermedica Employee
Grapefruit-Avocado Soup

Juice of one grapefruit
$\frac{1}{2}$ or 1 whole avocado (according to taste)

Blend together in blender. Pour into bowl and serve.
Darlene Ott, Harleysville, PA

Zucchini Soup

2 teaspoons cooking oil
1 cup chopped onion
1 clove garlic, minced
4 medium zucchini, coarsely chopped
4 teaspoons chicken-flavored bouillon granules
1 tablespoon lemon juice
3 cups water
2 teaspoons dill
$\frac{1}{4}$ cup sour cream

In large saucepan, heat oil over medium-low heat. Sauté onion and garlic about 5 minutes or until soft. Stir in zucchini, chicken bouillon granules, lemon juice and water. Bring to a boil. Reduce heat and simmer 15 minutes. Purée mixture in food processor or blender. Pour into serving dish and quickly whisk in dill and sour cream. Serve. Makes 4 servings.
Darlene Ott, Harleysville, PA
Risotto Alla Milanese

5 cups Basic Broth  
1/2 cup dry white wine  
3 tablespoons unsalted butter  
1/3 cup finely minced onion  
1 1/2 cups Arborio rice  
1/4 teaspoon powdered saffron  
1 tablespoon bone marrow (optional)  
1 tablespoon unsalted butter  
1/3 cup grated Parmesan cheese

Bring the broth to a steady simmer in a saucepan on top of the stove.

Heat the butter in a heavy 4 quart casserole over moderate heat. Add the onion and sauté for 1 to 2 minutes, until it begins to soften, being careful not to brown it.

Add the rice to the mixture; using a wooden spoon, stir for 1 minute, making sure all the grains are well coated. Add the wine and stir until it is completely absorbed.

Add the saffron (and bone marrow, if you are using it), and begin to add the simmering broth, 1/2 cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next 1/2 cup, reserving 1/4 cup to add at the end. Stir frequently to prevent sticking.

After approximately 18 minutes, when the rice is tender but still firm, add the reserved broth. Turn off the heat and immediately add the remaining condiments--butter and Parmesan--and stir vigorously to combine with the rice. Serve immediately. Makes 4 servings.

Joanne Balshi, Gwynedd, Pennsylvania

Cupfuls of Love 17
Basic Broth
*Use with Risotto alla Milanese*

2 pounds chicken backs and necks  
1 large onion, peeled  
2 carrots, scraped  
1 tablespoon salt  

2 pounds veal bones  
4 celery ribs  
3 parsley sprigs  
5½ quarts cold water

Place all ingredients in an 8 to 10 quart stockpot. Turn the heat to high and bring to a boil. Skim the foam from the top of the broth. Turn the heat to low and simmer, partially covered, for 2 to 3 hours. Strain the broth in a large container or bowl. Let cool slightly and allow to stand in the refrigerator until cold and the fat has settled on top. Remove fat from stock with a spoon. Stock is ready to be used. It can be stored for 3 to 4 days in the refrigerator, or can be frozen. Makes about 16 to 17 cups.

Joanne Balshi, Gwynedd, Pennsylvania

Memorable Mashed Potatoes

6 cups (2 pounds) peeled quartered potatoes  
½ cup Miracle Whip Salad Dressing  
1 (8 ounce) package Philadelphia Brand® Cream Cheese, softened  
½ teaspoon onion powder  
½ teaspoon salt  
¼ teaspoon pepper  

Paprika

In 3 quart saucepan, combine potatoes and enough water to cover potatoes. Bring to a boil. Reduce heat to medium; cook 20 to 25 minutes or until tender. Drain. Mash potatoes, gradually stirring in salad dressing, cream cheese, onion powder, salt and pepper until light and fluffy. Spoon into 2 quart casserole. Sprinkle with paprika. Bake at 350 degrees for 45 minutes.

Joanne Balshi, Gwynedd, Pennsylvania

18 Cupfuls of Love
Tasty Grits

A nutritious breakfast or snack especially right after implant placement.

1 teaspoon cinnamon
1 cup water (or milk)
3/4 cup instant grits
1 envelope sugar substitute
2 tablespoons raisins
Dash of salt

Combine all ingredients in microwave safe dish. ‘Nuke’ it for 3 to 4 minutes. Enjoy!!

Ruben Sutow, Philadelphia, PA

Corn Pudding Custard

4 eggs
1/2 cup sugar
3/4 teaspoon salt
4 tablespoons melted butter
4 tablespoons flour
1 cup milk (1/2 cup evaporated & 1/2 cup regular milk)
2 (16 ounce) cans creamed corn

Use 2 quart greased casserole. Mix flour and milk slowly until its like a paste. Beat eggs until fluffy and add to flour and milk mixture then add salt, sugar and melted butter. Stir and add the creamed corn. Put in buttered 2 quart casserole inside of a large shallow pan filled with 1/2 inch of water and bake 1 1/2 hours at 350 degrees. Insert a knife into center of custard. If it is dry, the custard is done.

Eleanor Sansalone, King of Prussia, PA
Protein Shake

2 tablespoons Ovaltine®
1 cup milk
2 raw eggs
2 scoops of any ice cream
1 banana
vanilla, chocolate, or any other flavoring
(Ovaltine® is packed with potassium, helpful in promoting healing of tissue)

Mix all ingredients in a blender. Barb Brown, Nazareth, PA

Creamy Shake

*Nutritious, thick, and sweet with fruit flavor*

$\frac{1}{2}$ cup plain yogurt
$\frac{3}{4}$ cup chopped fresh fruit (any listed below)

Blend ingredients in blender until smooth. Serve immediately.

Apple shake - Spicy sweet!
Banana shake - super thick, creamy
Blueberry shake - delicious and it's purple!
Mango shake - rich mango flavor
Papaya shake - tropical island flavor
Peach shake - light, sweet and fragrant
Pear shake - sweet and spicy
Pineapple shake - very sweet

Darlene Ott, Harleysville, PA

20 Cupfuls of Love
Kiwi Lime Shake

*Kiwi fruit, higher in vitamin C than citrus fruit, flavors this unusual shake, and low fat ricotta cheese thickens it. Thirst-quenching as well as nutritionally balanced, this is a good all-in-one breakfast.*

2 kiwi fruits
2 ice cubes
1 banana
1 cup skim milk
1 teaspoon lime juice
1/4 cup part skim milk ricotta cheese
1/2 teaspoon lime peel

Peel the kiwi fruits and the banana and cut them into large chunks. Place the fruit, lime juice, lime peel and ice cubes into blender and process until blended. Add the milk and ricotta cheese and process for another 5 to 10 seconds, scraping down the sides of the container with a rubber spatula. Pour the shake into 2 tall glasses and serve immediately.

Darlene Ott, Harleysville, PA

Prosthodontics Post-Surgical Potion

*Mix in blender:*
1 banana, sliced
3/4 cup orange juice
1/2 cup milk
2 to 3 scoops vanilla ice cream
1 teaspoon honey

*Variation:* Use sherbet and/or ice cream.

Carolyn McKee, Blue Bell

Cupfuls of Love 21
Peach Frozen Yogurt

1 envelope unflavored gelatin
1 cup skim milk
$\frac{1}{2}$ cup sugar
$2\frac{1}{2}$ cups vanilla low-fat yogurt
2 teaspoons vanilla extract
3 cups frozen sliced peaches, puréed
Dash of salt

Sprinkle gelatin over milk in a saucepan; let stand 1 minute. Cook over low heat, stirring constantly, until gelatin dissolves. Remove from heat, add sugar and salt, stirring until sugar dissolves. Stir in yogurt, vanilla, puréed peaches. Cover and chill.

Pour yogurt mixture into freezer can of a 4 quart hand-turned or electric freezer; freeze according to manufacturer's instructions. Scoop yogurt into individual dishes. Serve immediately. Makes $7\frac{1}{2}$ cups (about 82 calories per $\frac{1}{2}$ cup serving).

Ann O'Callaghan, Prosthodontics Intermedica
**Banana-Peanut Froth**

1 large frozen banana  
1½ cups milk  
¼ cup peanut butter  
¼ cup raisins (soak in hot water)  
⅛ teaspoon almond extract (optional)

Combine all ingredients, blend and serve. Makes 2 cups.  
Darlene Ott, Harleysville, PA

**Fruit Slush**  
*Cold, crunchy and sweet*

½ cup chopped fruit (fresh or canned in unsweetened juice)  
3 to 4 ice cubes

In a food processor or blender, blend fruit until smooth.  
Gradually add ice cubes until mixture reaches a thick, slushy consistency. Serve immediately. Recommended fruit: apples, bananas, blueberries, peaches, pears, papaya, pineapple.  
Darlene Ott, Harleysville, PA

**Good, Fast, and Healthy**

<table>
<thead>
<tr>
<th>Egg</th>
<th>Orange Juice</th>
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<tr>
<td>Vanilla Extract</td>
<td>Ice Cube</td>
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<tr>
<td>Banana</td>
<td>Sugar</td>
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In a blender, mix together 8 ounces of orange juice, 1 banana, ½ teaspoon of vanilla extract, 1 egg or egg substitute. Add a pinch or two of sugar to taste. Add an ice cube to chill. Mix well and enjoy.  
Marilyn Golden, Chalfont, PA
Salmon Mousse

1 pound salmon, boil and remove bones
2 tablespoons lemon juice
1 teaspoon salt
2 envelopes unflavored gelatin
3 tablespoons mayonnaise
3 tablespoons thick whipped cream
Pinch of cayenne pepper

Lightly mash salmon together with lemon juice, salt and cayenne. Dissolve gelatin in 4 tablespoons hot water. Mix mayonnaise and whipped cream with the lightly mashed salmon mixture. Pack into a mold and refrigerate until thoroughly cold. Turn out of the mold and decorate with lettuce, quarters of hard boiled eggs and asparagus.

Mrs. E. Frick

Tuna Fish Milkshake (Hold the celery)
You'll be surprised how good this tastes. Honest!

1 can tuna
\( \frac{1}{4} \) cup plain yogurt
\( \frac{1}{4} \) cup mayonnaise
\( \frac{1}{2} \) teaspoon celery seed

Put all ingredients into a blender, mix, and serve.

Pat Wilson, Warminster, PA

24 Cupfuls of Love
Caramel Flan

\[ \frac{3}{4} \text{ cup sugar} \]

\[ 4 \text{ eggs} \]

\[ 1\frac{3}{4} \text{ cups water} \]

\[ 1 \text{ (14 ounce) can Eagle® Brand Sweetened Condensed Milk} \]

\[ \frac{1}{2} \text{ teaspoon vanilla extract} \]

\[ \frac{1}{8} \text{ teaspoon salt} \]

Preheat oven to 350 degrees. In heavy skillet, over medium heat, cook sugar, stirring constantly until melted and caramel-colored. Pour into ungreased 1 1/2 quart ring mold* or 9 inch round or square baking pan, tilting to coat bottom completely. In medium bowl, beat eggs; stir in water, sweetened condensed milk, vanilla and salt. Pour over caramelized sugar, set pan in larger pan (a boiling pan). Fill larger pan with 1 inch hot water. Bake 55 to 60 minutes or until knife inserted near center comes out clean. Cool. Chill. Loosen side of flan with knife; invert onto serving plate with rim. Garnish as desired. Refrigerate leftovers. Makes 8 to 10 servings.

* If using ring mold, decrease sugar to \( \frac{1}{3} \) cup.

Dawn Gordon Franklin, Freetown, MA

Source: Simply Delicious Desserts

by Borden

Cupfuls of Love 25
Strawberry Whip

1 package (3 ounces) Jell-O® strawberry gelatin
3 tablespoons sugar
1½ cups boiling water
1 package (10 ounces) Bird's Eye® strawberries
1 package Jell-O® Whip'n Chill strawberry dessert mix
½ cup cold milk
½ cup cold water

Dissolve Jell-O® Gelatin and sugar in boiling water. Add strawberries; stir until berries thaw and separate. Chill until very thick. Prepare dessert mix with milk and cold water as directed on package; add to gelatin. Beat at medium speed of electric mixer for 1 minute. If necessary, chill until mixture mounds—about 10 minutes. Then stir and spoon into 1½ quart mold. Chill until firm. Remove from mold. Makes about 5½ cups, or 7 or 8 servings.

Martina Burkhard, Prosthodontics Intermedica Employee
Crema
An excellent Italian custard.

6 egg yolks
6 teaspoons sifted flour
Lady fingers or sponge cake
The rind of 1/2 lemon, peeled in one piece

6 tablespoons sugar
1 stick of cinnamon
1/2 quart milk

Beat egg yolks well, gradually adding sugar and flour. Pour into top of double boiler over low heat and slowly add milk. Blend thoroughly. Add cinnamon stick and lemon ring. Stir constantly with a wooden spoon until the mixture thickens. Remove cinnamon stick and lemon rind and pour into serving dish or custard cups which have a layer of lady fingers or sponge cake on the bottom. Serve cold.

Joan Ondush, Clarks Summit, PA
Rice Pudding

This popular dessert happily doubles!

Combine and cook on low heat:
1/2 pound regular rice
3 cups water
1/2 teaspoon salt

Stir frequently.

When water is absorbed, add:
6 cups milk

Continue cooking until the milk is almost absorbed.

Meanwhile, combine the following ingredients:
4 well-beaten eggs
1 cup sugar
1 teaspoon vanilla

Add this mixture to the rice; mix thoroughly and remove from heat. Let settle for five minutes. Place the rice in a serving dish or individual custard cups. Sprinkle lightly with cinnamon or nutmeg before serving.

Joan Ondush, Clarks Summit, PA
Banana Hot Chocolate

Skim milk is the basis for this hot chocolate drink, which is a low fat, complete breakfast. Fortified skim milk is an excellent source of protein, calcium, riboflavin, vitamin A, phosphorous and thiamine.

\( \frac{1}{2} \) ounce semisweet chocolate  
\( \frac{1}{2} \) cup skim milk  
1 teaspoon pure maple syrup  
1 teaspoon decaffeinated instant coffee granules  
1 banana, peeled

Combine the chocolate with 2 tablespoons of water in a small saucepan and heat over very low heat, stirring constantly, until the chocolate is melted. Add another 6 tablespoons of water and also milk, maple syrup, and coffee granules. Increase temperature to medium and heat mixture for 5 to 7 minutes, or until hot. Meanwhile, purée the banana in food processor or blender. Gradually pour in the hot milk mixture and continue processing until blended. Pour the hot chocolate into a large mug and serve.

Darlene Ott, Harleysville, PA
Soups and Other Super Suppers
The anxieties of surgery are all behind you. Your sutures have been gently removed and the doctor has checked the progress of your healing. The miraculous process of titanium “roots” osseointegrating to your natural bone is underway. You are actively participating now in the adventure that will lead to a beautiful new smile, and there is much to anticipate with pleasure. The tissue in your mouth is returning to normal and although you are no longer requiring “Cupfuls of Love” for comfortable eating, it is important to continue to pamper the healing dentition with a selection of nutritious soft foods.

This chapter is your guide for those weeks when the osseointegration process is actually taking place. It is a “Feeling Fine Phase” when variety can begin to whet your appetite for the final chapters. Do not “fast forward” your appetite. Explore the suggestions herein and enjoy safe, comfortable culinary surprises.

“The best decision I ever made was to have dental implants. They have permanently changed my eating habits for the better.”

Grace Seltzer, Lafayette Hill, Pennsylvania
**Prince or Pauper Broth**  
*This recipe dates back to Medieval times.*

1 round slice of Italian bread  
1 teaspoon butter  
1 tablespoon Parmesan cheese  
1 cup chicken broth  
1 egg, beaten (optional)

Fry bread in butter. Sprinkle with grated cheese. Heat broth and beat egg. Add egg to broth, stirring with a fork to separate into strings. Pour over bread. Of course, allow to cool when eaten post surgery!  

Barb Brown, Nazareth, PA

**Chicken, Rice and Vegetable Soup**

2 whole chicken breasts, skinned, boned and cut into 1 inch cubes  
2 tablespoons butter  
1/4 cup sliced green onion  
2 carrots, sliced (1 cup)  
1 cup cut green beans  
1 medium sweet potato, peeled and diced  
1/4 cup uncooked rice  
4 cups chicken broth  
1 teaspoon dried dill weed

In 3 quart saucepan, cook chicken in butter for 5 minutes. Add remaining ingredients and simmer, covered, for 15 minutes or till the vegetables and rice are tender. Serves four.  

Marilyn Melvin, Paoli, PA
Curried Cream of Vegetable Soup

3 cups water
1/2 head cauliflower, chopped
3 carrots, chopped
1 medium onion, chopped
1 medium potato, peeled, chopped
1 tablespoon parsley
2 chicken bouillon cubes
1 cup heavy cream
1/4 to 1/2 teaspoon curry powder
1/4 teaspoon Worcestershire sauce
White pepper to taste

Bring water to boil in large pot. Add cauliflower, carrots, onion, potato, parsley, and chicken cubes. Return to a boil and cook over medium heat until tender, about 15 minutes. Purée in blender or food processor. Add cream, curry powder, Worcestershire sauce and pepper. Heat gently. Serve hot or cold. Makes 6 servings.

Ann O'Callaghan, Prosthodontics Intermedica
New England Clam Chowder

3 tablespoons butter or margarine
1 small onion, chopped
$\frac{1}{4}$ cup water
Juice drained from 2 (8 ounce) cans minced clams
1 medium potato, coarsely grated
1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon paprika
2 (8 ounce) cans minced clams
2 $\frac{1}{2}$ cups milk

Melt butter or margarine in saucepan; sauté onion until golden brown. Add water, juice from clams, potato, salt, pepper, and paprika. Simmer, covered, for 10 minutes. Add clams and milk; heat, uncovered, slowly until hot but not boiling. Serves 6.

Lucy Cassel, Prosthodontics Intermedica Employee
Winter Soup

1 to 1½ pounds extra lean ground beef
1 large onion, chopped
2 or 3 cloves garlic, minced
3 (10⅛ ounce) cans beef noodle soup, undiluted
2 (28 ounce) cans crushed tomatoes
1 cup dry wine, red or white
1 to 2 cups of each of the following vegetables according to taste:
  • Chopped celery
  • Sliced carrots
  • Cubed potatoes
  • Cut green beans
2 tablespoons chopped parsley
½ teaspoon dried basil
¼ teaspoon dried thyme
Salt and pepper to taste

Preheat oven to 350 degrees. Sauté ground beef, onion and garlic in 8 quart soup kettle or Dutch oven. Add soup, crushed tomatoes, wine, vegetables and seasonings. Mix well. Bring to a boil. Cover pan and place in oven; cook 1½ to 2 hours. This soup is best made a day ahead to allow flavors to meld. Makes 8 to 10 servings.

Ann O'Callaghan, Prosthodontics Intermedica
Wild Rice Soup

6 tablespoons butter
1 tablespoon minced onion
$\frac{1}{2}$ cup flour
3 cups chicken broth
2 cups cooked Wild Rice
$\frac{1}{2}$ teaspoon salt
1 cup Half and Half®
2 tablespoons dry sherry (optional)
Snipped parsley or chives

Melt butter in saucepan; sauté onion until tender. Blend in flour; gradually stir in broth. Cook, stirring constantly, until mixture comes to a boil; cook and stir one minute. Stir in rice and salt. Simmer about 5 minutes. Blend in Half and Half® and dry sherry; heat to serving temperature. Garnish with parsley.

Hint: I always cook my Wild Rice ahead of time and freeze it in 2 cup portions. It’s a time saver the day you make the soup.

Variation: Add $\frac{1}{3}$ cup very finely minced ham and $\frac{1}{3}$ cup finely shredded carrot.

Georgine Tidmore, Pottsville, PA
Ham and Lentil Soup

4 slices bacon
1 medium onion, sliced
5 1/2 cups water
2 cups diced, fully cooked smoked ham
1 cup dried lentils
8 ounce can tomatoes, cut-up
1 (6 ounce) can tomato paste
1/4 cup snipped parsley
1 tablespoon instant chicken bouillon granules
3/4 teaspoon dried thyme, crushed

Fry the bacon till crisp. Crumble and set aside. Add onion to drippings and cook till tender. Add remaining ingredients. Simmer, covered, 30 minutes or till lentils are tender. Sprinkle with additional parsley. Serves six.

Marilyn Melvin, Paoli, PA

Spinach Egg-Drop Soup

1 package frozen chopped spinach
3 tablespoons margarine or butter
1 small clove garlic (minced)
2 eggs, well beaten
2 tablespoons grated parmesan cheese
6 cups of chicken broth
Salt and pepper to taste

Cook spinach 4 to 5 minutes. Drain well and press out water. Melt butter in large saucepan. Add spinach and garlic. Sauté 2 to 3 minutes. Stir often. Beat 2 eggs and cheese, salt and pepper. Stir egg mixture into the spinach. Immediately add broth and bring to a boil, stirring constantly. Serve with garlic croutons as a garnish.

Eleanor Sansalone, King of Prussia, PA
Seafood Soup

1 pound fresh or frozen fish fillets, cut into 2 inch chunks
1 pound fresh or frozen shrimp in shells
1 medium onion, sliced
1 cup chopped celery
2 tablespoons cooking oil
2 cups bottled clam juice
1 cup dry white wine
1 cup vegetable juice cocktail
8 clams in shells, well rinsed
8 mussels in shells, well rinsed
Snipped parsley

Thaw fish, if frozen. Thaw and drain shrimp; if desired, shell and devein, leaving tails attached. In Dutch oven, cook onion and celery in oil 5 minutes. Add the clam juice, wine and vegetable juice. Bring to boiling; reduce heat and simmer for 8 to 10 minutes or until the shellfish open. (Don’t eat unopened ones!). Sprinkle with parsley. Serves six.

Marilyn Melvin, Paoli, PA
Minestrone Meatball Soup

“*A Heart Healthy Meal*”

1 cup chopped onions  
1 cup chopped celery  
2 garlic cloves, minced  
3 (141/2 ounce) cans chicken broth  
1 (28 ounce) can tomatoes, undrained, cut up  
1 (6 ounce) can tomato paste  
1 cup chopped carrots  
1 cup chopped peeled potatoes  
1/2 cup chopped fresh parsley  
1 teaspoon dried basil leaves  
1 teaspoon dried thyme leaves  
3 ounces (1 cup) uncooked Rotini (spiral macaroni)  
1/2 recipe cooked Turkey Meatballs (next page)

Spray Dutch oven or large saucepan with nonstick cooking spray. Heat over medium high heat until hot. Add onions, celery, and garlic; cook and stir until crisp and tender. Stir in remaining ingredients except rotini and meatballs. Bring to a boil; reduce heat. Cover; simmer 30 minutes. Stir in rotini and meatballs; simmer uncovered an additional 10 to 12 minutes or until vegetables and rotini are tender. If desired, serve with parmesan cheese.

**Meatballs:**

1 pound ground turkey breast  
1/4 cup quick-cooking oats  
1/4 cup grated Parmesan cheese  
1/4 teaspoon dried Italian seasoning  
1/4 teaspoon garlic powder  
2 egg whites

Heat oven to 350 degrees. Spray 15 by 10 inch baking pan with nonstick cooking spray. In medium bowl, combine all ingredients; shape into 3/4 inch balls. Place meatballs in spray coated pan. Bake at 350 degrees for 20 minutes or until no longer pink; remove from pan. Use as directed above. Makes 6 dozen mini-meatballs.

Maureen Farrell, Prosthodontics Intermedica Employee

*Source: Heart Healthy Recipes*
Pea Soup

1 pound split peas
2 1/2 quarts cold water
1 large carrot, grated
2 medium potatoes, grated
1 large onion, grated
2 teaspoons celery salt
3 teaspoons salt
1/2 teaspoon black pepper

Wash split peas; cover and bring to a boil. Stir in other ingredients slowly. Add seasoning to taste. Simmer about 2 hours.

Emanuel Glick, Philadelphia, PA

Matzoh Balls

*Good in pea soup, chicken soup, or as a snack*

2 tablespoons oil
2 large eggs
1/2 cup matzoh meal
1 teaspoon salt
1 tablespoon water


Emanuel Glick, Philadelphia, PA

42 Soups and Other Super Suppers
Court Bouillon

Fish trimmings, if desired
1 carrot, coarsely chopped
1 leek, coarsely chopped
1 celery stalk, coarsely chopped
1 onion, cut in quarters
3 mustard seeds
3 black peppercorns
3 juniper berries
1 whole clove
1 bay leaf
\(\frac{1}{2}\) lemon
\(\frac{1}{2}\) cup white wine
Salt

In a large pot, combine all ingredients. Add water to cover, using at least 1 quart. Bring to a boil; skim foam from surface until surface is clear. Reduce heat and simmer, uncovered, 15 to 20 minutes. Strain well. Use in soups and sauces as directed.

Martina Burkhard, Prosthodontics Intermedica Employee
Lentil Soup

4 medium onions, chopped  3 medium carrots, chopped
1 teaspoon marjoram  1 teaspoon thyme
8 cups water or stock  1½ cups dried lentils, rinsed
Black pepper to taste  6 ounces white wine (optional)
¼ cup fresh parsley
2 tablespoons soy sauce
1 clove finely chopped garlic (optional)
1 (28 ounce) can whole tomatoes, chopped

Sauté onions, carrots and garlic; add marjoram and thyme. Cook until almost tender. Add tomato, water, lentils, and bring to a boil. Reduce heat. Cover and simmer for about an hour or until lentils are tender. Add soy sauce, pepper, wine and parsley. Simmer another 10 minutes. Excellent for freezing. Serves ten.

Lois M. Morasco, Oreland, PA

Goulash Soup

Gulyásleves

2 medium onions, chopped  2 tablespoons fat
2 teaspoons salt  1 tablespoon paprika
2 green peppers, sliced  2 tomatoes, sliced
1 carrot, diced  1 sprig parsley, chopped
2 potatoes, pared and diced  2 pounds beef, cut in small pieces
Pinched Noodles

Brown the onion in the fat. Add beef and stir until well browned. Add the salt, paprika, peppers, tomatoes, carrot, and parsley. Pour on water to cover and cook slowly until meat is tender, about $2\frac{1}{2}$ hours. Add potatoes and cook 20 minutes, or until potatoes are tender. Serve with noodles, freshly cooked in boiling salted water. Makes 8 to 10 servings.

Frederick Hodosh, West Chester, PA

44 Soups and Other Super Suppers
Oceanwood Gazpacho with Cilantro Swirl

\( \frac{1}{4} \) cup chopped cilantro  
6 sprigs cilantro for garnish  
12 ripe large tomatoes, peeled, seeded, and chopped  
2 cups tomato juice  
1 small red onion, finely diced  
1 teaspoon freshly cracked black pepper  
\( \frac{1}{2} \) English cucumber, finely diced  
2 medium avocados, diced  
3 cloves fresh garlic, finely chopped  
\( \frac{1}{2} \) cup balsamic vinegar  
2 small bell peppers, finely diced  
1 teaspoon salt  
\( \frac{1}{2} \) cup olive oil

Place tomatoes in blender with vinegar and tomato juice. Blend to the consistency that you like. Add diced vegetables, salt and pepper. Refrigerate. Prepare the swirl by placing garlic in olive oil for at least 30 minutes. Strain the oil and mix with the chopped cilantro. To serve, taste well chilled soup and adjust seasonings. Ladle soup into chilled bowls and add a swirl of the oil. Garnish with cilantro sprigs. Makes 6 servings.

Kenneth Saler, Devon, PA
Meat Broth with Pancake Strips

Fläddlesuppe

1 egg
3 tablespoons all-purpose flour
$\frac{1}{3}$ cup milk
1 quart meat stock
3 tablespoons dry sherry
1 tablespoon minced chives
Oil for frying
Salt

In a small bowl, beat together egg, flour, milk and salt. Let stand 15 minutes. Heat a small amount of oil in a large shallow skillet. When oil is very hot, cook 1 or more thin pancakes; remove from skillet. Roll up cooked pancakes and let cool. Using a sharp knife, cut pancake rolls into thin slices. Place in a large soup tureen. In a medium saucepan, combine stock and sherry. Place over medium heat until steaming. Pour hot stock mixture over pancake strips. Sprinkle with chives. Leftover pancakes can be used for this soup. Makes 4 servings.

Variation:
For extra color and flavor, add minced herbs or spinach to the pancake mixture before frying.

Martina Burkhard, Prosthodontics Intermedica Employee
**Mulligatawny**

4 cups chicken broth  
16 ounce can tomatoes, chopped (retain juice)  
\(\frac{1}{4}\) cup chopped onion  
\(\frac{1}{4}\) cup chopped green peppers  
1 teaspoon sugar  
1 teaspoon curry powder  
2 whole cloves  
2 cups stewed chicken  
1 tart apple, peeled and chopped  
\(\frac{1}{4}\) cup chopped carrots  
1 tablespoon parsley  
2 teaspoons lemon juice  
\(\frac{3}{4}\) teaspoon salt  
Dash of pepper

Combine all ingredients in crock pot. Cover and cook on low heat for 8 to 10 hours. Remove cloves before serving.

Connie Crozier, Pittsburgh, Pennsylvania

**Vegetable Soup with Dumplings**

*Gemüsesuppe Klärchen mit Schwemmklößchen*

1 quart meat stock  
Finely chopped parsley or 3 lettuce leaves  
Pinch of ground nutmeg  
1 egg  
1 tablespoon dry sherry  
Generous 1 cup water  
Scant 1 tablespoon butter  
\(\frac{1}{2}\) cup all purpose flour  
Salt

In a medium saucepan, heat stock, sherry and parsley or lettuce over medium heat. In a small saucepan, combine water, butter, salt and nutmeg. Bring to a boil. Gradually sift flour into boiling water, stirring rapidly and thoroughly. Stir until mixture forms a ball. Remove from heat; cool slightly. Work in eggs. Using 2 teaspoons rinsed in cold water, shape mixture into small oval dumplings. Add dumplings to hot stock. Simmer about 5 minutes. As dumplings cook, they will swell and become firm. Add more stock, if needed. Makes 4 servings.

Martina Burkhard, Prosthodontics Intermedica Employee
Gram's Chicken Soup

1 (32 ounce) can College Inn® broth
1 onion, halved (leave skin on)
2 chicken breasts
4 carrots, peeled and cut into logs
$\frac{1}{2}$ cup celery tops, chopped
$\frac{1}{4}$ cup fresh parsley, chopped fine
1 teaspoon parmesan cheese
1 cup pastina or accide pepe
$\frac{1}{2}$ (8 ounce package) frozen spinach
6 peppercorns

Place all ingredients into pot. Simmer 1$\frac{1}{2}$ hours, then strain soup, reserving carrots and chicken only. Discard the rest of the ingredients. Cut up chicken into cubes. Return carrots and chicken to broth. Add frozen spinach and pastina or accide pepe and bring to a boil.

When pastina is done, ladle into a bowl and add a teaspoon of parmesan cheese.

Barb Brown, Nazareth, PA
Peasant Consommé

1/2 cup each of cut up celery root or stalks, carrot and turnip
1/4 head cabbage
1/2 head lettuce (not iceberg)
2 leeks, cleaned
6 tablespoons butter
6 1/2 cups chicken stock
Salt and pepper

Julienne celery, carrot, and turnips; slice cabbage, lettuce, and leeks into shreds. Braise all vegetables in butter and 1/2 cup of stock. When vegetables are tender, add remaining stock and simmer for 15 minutes. Season to taste. Makes about 6 cups.

Paula Metash, West Chester, Pennsylvania

Broccoli Soup

2 cups water
2 medium potatoes
10 ounce package frozen broccoli
12 ounce can evaporated milk
1 cup grated sharp cheese
1 teaspoon seasoning salt

Bring water to boil. Slice potatoes and put into water. Add broccoli and cook until tender. Add the remaining ingredients and simmer 10 minutes on very low heat. Purée in blender and serve. Makes 4 servings.

Darlene Ott, Harleysville, PA
Risotto All’Ammiraglia

Risotto Admiral’s Style
This is a labor intensive dish, but well worth it!

1 dozen little neck clams
1 pound shrimp
1/2 pound scallops
1/2 cup minced onion
1/2 cup minced shallots
1/2 cup olive oil

1 1/2 cups Amborio Rice
Boiling water
2 cloves crushed garlic
1/2 cup white wine, dry (Pinot Grigio)
2 teaspoons Italian parsley
Ground pepper

Shuck and quarter clams; reserve liquor. Shell, devein and cut shrimp into thirds. Slice scallops in half.

Sauté onion in 3 teaspoons of oil until golden; add rice and stir to coat completely with oil. Toast rice lightly, stirring constantly for 1 to 2 minutes; add wine and cool. Stir constantly until it evaporates. Add 1 cup of boiling water. Add more water as previous additions are absorbed; stir constantly. When rice is almost done (10 minutes), heat 3 teaspoons of oil in a deep skillet and sauté garlic until brown. Remove and discard garlic. Add shellfish to skillet and sauté 2 minutes. Stir in reserved clam liquor and quickly add contents of skillet to rice. Mix well; beat in remaining oil. Cook 3 to 4 minutes, adding boiling water and/or wine as needed. Take off heat and season to taste. Stir in parsley. Serve immediately.

Note: Use salt sparingly, allowing for the salinity of the clam liquor.

Gerald J. O’Keefe, D.M.D.
Vegetable Lasagna
A meal in itself.

9 uncooked lasagna noodles
1 onion, chopped
2 cups (about 2 1/2 ounces) thinly sliced mushrooms
3 garlic cloves, minced
2 tablespoons water
1 1/2 cups low fat part-skim Ricotta or cottage cheese
1 cup shredded carrot
1 (9 ounce) package chopped spinach, thawed, and squeezed dry
2 eggs
14 ounce jar spaghetti sauce
6 ounces shredded low fat part-skim mozzarella cheese
2 tablespoons grated Parmesan cheese
1/2 package frozen Broccoli pieces

Cook lasagna noodles as directed on package. Drain; rinse with hot water.

Heat oven to 350 degrees. Spray medium nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add onion, mushrooms and garlic. Cook and stir one minute. Add water; cover and cook 3 to 4 minutes until crisp-tender.

In a small bowl, combine ricotta cheese, carrot, spinach and egg whites; mix well. In ungreased 12 by 8 inch baking dish, layer half of cooked noodles, half of sauce, half of mushroom mixture and half of ricotta cheese mixture; repeat layers. Sprinkle with mozzarella cheese and parmesan cheese.

Bake at 350 degrees for 30 to 35 minutes until hot and bubbly. Let stand.

Liz Kirk, Prosthodontics Intermedica Employee