

Hearty Vegetable Soup

2 Cubes (Knorr's) vegetable OR chicken bouillon
1 medium onion yellow or white chopped
4 cloves garlic finely diced or crushed
2 tsp. Emeril's Essence Original
1 tsp. Paprika
½ tsp. Cayenne Pepper
Salt and Pepper to taste
3 stalks celery diced
3 large carrots diced
2 cups green beans chopped
2 yellow crook-neck squash cubed
2 zucchini cubed
12 oz. package sliced mushrooms
2 – 14.5 oz. cans stewed tomatoes (halves, no salt added)
1 – 8 oz. can kidney beans strained and washed
1 – 8 oz. can garbanzo beans (chick peas) strained and washed
4 cups water or fill pot to desired amount of soup.

In a large soup pot, spray with non-stick cooking spray and melt down bouillon cubes. Add in onion and garlic and sauté until just tender (do not burn garlic or it will become bitter). Add all additional vegetables and beans and stew for about 10 – 15 minutes, stirring often. Add water and bring to a boil, add Emeril's Essence and pepper to taste. Cover pot and let simmer for at least 30 minutes (the longer you let this stew the more flavor it will have).

Additions

Any of your favorite vegetables (eggplant, peas, corn, etc.)
2 cups brown rice OR 2 cups whole wheat pasta
12 – 18 oz. chicken breast cubed

Additions (such as brown rice and chicken breast should be added once the soup has been brought to a boil).

Health Nut Muffins

Ingredients

- 1 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 1 cup oat bran or quick oats
- 2 tbsp. wheat germ (optional)
- 1/4 cup protein powder (vanilla or plain - optional)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon fine salt
- 1 tbsp. cinnamon
- 1 tsp. pumpkin pie spice (optional)
- 4 large egg white
- 1 1/4 cups lowfat buttermilk
- 1/2 cup packed dark brown sugar
- 1/2 cup unsweetened applesauce
- 1 cup finely grated zucchini
- 1/2 cup finely grated carrot
- 1 cup crushed pineapple (packed in pineapple juice - not syrup)
- 1 cup chopped dried fruit medley (optional)
- 1/2 cup chopped pecans (optional)

Directions

Position a rack in the center of the oven and preheat to 375 degree F. Line 15 - 20 muffin cups with paper liners, or spray with non-stick spray

Whisk flours, oat bran (oatmeal), wheat germ, protein powder, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice in a medium bowl.

Lightly beat the egg whites in a medium bowl. Stir in the buttermilk, brown sugar, applesauce, zucchini, carrot, and pineapple. Stir the liquid mixture into the flour mixture until just evenly moist; the batter will be very thick. Fold in the dried fruit and nuts. Divide the batter evenly among the muffin cups (about 1/4 cup each). Bake until toothpick comes out clean, about 15 - 18 minutes. Turn the muffins out of the cups and cool on a rack; serve warm or room temperature, or enjoy for a healthy anytime snack.