

Baked Potato & Broccoli Soup

MYPLATE
3rd Grade

Captain CREATE Recipes to Try at Home

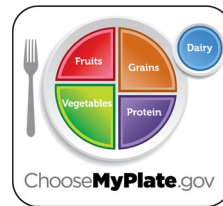
INGREDIENTS

- 1 tablespoon butter
- 3 cups low-fat (1%) or skim milk
- 1 small onion, chopped
- 1 cup reduced-fat cheddar cheese, shredded
- 1 cup broccoli, chopped
- ham, diced (optional)
- 3 medium potatoes, baked, peeled and mashed
- salt & pepper to taste
- 1 can low-sodium chicken broth (about 14.5 ounces)
- 1/4 tsp garlic powder

DIRECTIONS

Melt butter in a large sauce pan over medium heat and add chopped onion, stirring every once in a while, until onions are clear. Stir in chicken broth and broccoli. Place lid on pan and simmer for 3-5 minutes to cook broccoli until tender. Add potatoes, milk, garlic powder, salt, and pepper. Stir until potatoes are well blended. Blend soup with a hand blender or blender until smooth. Add cheese and ham and cook until cheese is melted and ham is warmed. Serve with whole wheat dinner roll and fruit on the side to complete MyPlate.

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Fruit & Chicken Salad Wrap

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INGREDIENTS

- 4 whole wheat tortillas
- 1 cup diced cooked chicken
- ¼ cup celery, diced
- 2 tablespoons green onion, sliced
- ¼ cup apple, chopped
- ¼ cup grapes, sliced in half
- ¼ cup fat free mayonnaise
- Salt, pepper and garlic powder to taste

DIRECTIONS

In a medium bowl, combine chicken, celery, green onions, apples, and grapes. Gently mix well. Gently fold in the mayonnaise, salt, pepper, and garlic powder to taste. Place ¼ of the fruit & chicken salad down the middle of each wrap leaving an inch from the edge. Roll wrap, tucking in edges so salad will not fall out while eating.

Source: Recipe created by Mary Anna Henke, Utah State University Create Better Health ambassador.

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