
Soup & Sandwiches

The Healthy Lunch Duo

Soup and a sandwich has been a lunch-time favorite for years. What's more filling and simple to prepare? Here are ways to make your soup and sandwich meal a healthy option.

Bread:

- Choose bread high in fiber to help lower cholesterol.
- Look for the words "whole" or "bran" first on ingredient list.
- Whole grain breads such as whole wheat and rye are great sources of soluble fiber.
- Consume breads with less than 2 g of fat per serving.
- Stay away from croissants, biscuits and other buttery breads.



Sandwich Fillings:

- Fill your sandwiches with low-fat, healthy foods. Fresh vegetables are a great choice!
- Choose low fat varieties of luncheon meats, such as turkey breast, chicken breast, or lean ham.
- Choose low-fat or reduced fat cheeses.
- Fish such as salmon, sardines and mackerel are full of healthy fats.
- Choose spreads that are low in calories and fats like mustard or fat-free mayonnaise or fat-free salad dressing.
- Beans and legumes in the form of hummus or a homemade bean spread make a great vegetarian sandwich.

Soup:

- Canned soups typically are high in salt and should be limited.
- Homemade soups can be heart-healthy and very high in nutrition.
- Add flavor by using plenty of onions and garlic.
- Increase fiber by adding whole grain rice or pasta, legumes, and beans.

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- Instead of crackers in soup, use hearty whole grain day old bread toasted and broken into crumbs.
 - Almost any cooked vegetable can be blended and used to thicken a soup or sauce. Tomato paste is a great thickener. Eggplant, zucchini or other squash, broccoli, cauliflower, carrots, potato, or celery roots are all excellent choices.
 - Use evaporated skim milk instead of cream when making cream soups. When dining out, choose broth-based soups.
 - To help control sodium intake, use low sodium bouillon and water, and use low sodium seasonings or fresh herbs.

Check out these recipes!

Bean and fresh Herb Sandwich Spread

- **Ingredients**

- 3 cloves garlic
- 2 16 ounce cans Great Northern Beans, rinsed and drained
- 3 Tbsp lime juice
- 1 Tbsp olive oil
- 4 Tbsp chopped fresh basil
- 2 Tbsp chopped fresh thyme
- 1/2 tsp ground black pepper



- **Preparation**

1. With the motor running, drop the garlic cloves into a food processor or blender.
2. Add Great Northern Beans, lime juice and olive oil; puree until smooth.
3. Add basil, thyme, and pepper; pulse until incorporated and the herbs are coarsely chopped. Serve chilled.

Homemade Chicken Noodle Soup

- **Ingredients**

- 1 Tbsp olive oil
- 2 cups sliced celery
- 2 cups sliced mushrooms



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- 2 cups chopped sweet onion
 - Skinless, boneless chicken breasts, roasted or grilled (or skinless meat from 1 rotisserie chicken)
 - 2 Tbsp minced garlic
 - Black pepper to taste
 - 3 cups (1 ½ cups dry) boiled and drained whole-wheat blend pasta

 - 4 cups low-sodium chicken broth (canned)
 - 4 cups water
 - 1 ½ Tbsp chopped fresh herbs such as parsley, sage and oregano
- **Preparation**
 1. Add olive oil to large nonstick sauce pan and heat over medium-high heat. Add celery, mushrooms, and onion. Sauté until vegetables are lightly browned (about 5 minutes).
 2. Stir in shredded chicken, garlic, and black pepper and toss to blend well.
 3. Add the pasta, chicken broth, water and fresh herbs and bring to a gentle boil. Reduce heat to simmer, cover pot, and let simmer about 10-15 minutes.

Lentil Soup

- **Ingredients**
 - 1 Tbsp olive oil
 - 2 cups chopped onion
 - 1 cup diced celery
 - 3 carrots, peeled, halved lengthwise and cut into ¼ inch pieces
 - ¾ tsp marjoram, crumbled
 - ¾ tsp thyme leaves, crumbled
 - 28 oz can tomatoes, undrained, and chopped
 - 3 cups water
 - 4 cups canned low sodium broth
 - 1 ½ cups dried lentils, rinsed and picked over
 - ½ tsp freshly ground black pepper
 - 1/3 cup chopped fresh parsley or 2 Tbsp dried parsley flakes

- **Preparation**

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1. Heat the oil in a large saucepan, and sauté the onions, carrots, marjoram, and thyme, stirring the vegetables for about 5 minutes
 2. Add the tomatoes, broth, water, and lentils. Bring the soup to a boil, reduce heat, cover the pan, and simmer the soup for about 1 hour or until the lentils are tender.
 3. Add the pepper and parsley, and simmer the soup for a few minutes.