



# Soup *and* Salad

On a cold winter day, there's nothing like a warm bowl of soup to resuscitate your body and soul. On a warm summer day, there's nothing like a cool, crisp salad. But individual soups or salads don't have to be for specific seasons anymore. Salads add color, zest and variety to any occasion—and are the perfect accompaniment to a bowl of soup!

## SOUPS

A **bisque** is a thick, rich soup usually consisting of pureed seafood and cream.

**Stock, broth, bouillon and consommé** are interchangeable. Bouillon is a broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces. Concentrated cubes of dehydrated beef, chicken or vegetable stock and the granular form are available. Consommé is usually a clarified meat or fish broth.

**Bouillabaisse** is a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes, white wine, olive oil, garlic, saffron and herbs. The stew is ladled over thick slices of French bread.

**Gumbo** is a hearty soup-stew made of a variety of meat and seafood, such as chicken, sausage, ham, shrimp and crab, and vegetables like okra, tomatoes and onions. The dish blends the culinary cultures of the French, Spanish, African and Indian.

**Vichyssoise** is a rich, creamy potato-and-leek soup that's served cold and garnished with chopped chives.

**Chowder** is a rich milk or cream-based soup, featuring solid ingredients like vegetables and/or seafood which have been gently simmered to tenderness. New England-style chowder is made with milk or cream and Manhattan-style with tomatoes. The term chowder is also used to describe any thick, rich soup containing chunks of food, such as corn chowder.

A **stew** is any dish that is prepared by stewing and often applies to dishes that contain meat, vegetables and a thick soup-like broth resulting from a combination of the stewing liquid and the natural juices of the food being stewed.

Once prepared, stocks freeze well after straining and thorough chilling. To cool large containers of soup, cool rapidly in an ice water bath, stirring frequently; or place in small containers no larger than quart-size and refrigerate or freeze immediately. Soups will keep in the refrigerator several days. Cooled broth or stock can be frozen in freezer trays. The cubes can then be stored in airtight containers in the freezer and used to add flavor to soups, gravies or sauces. Ten cubes equals about 1 cup of stock. Allow about one cup of stock per person.

## SALADS

The status of the common green salad has taken a new exciting direction! Yesterday's side-dish, composed of pale green iceberg lettuce with a few vegetables grated over the top, is now seen as in many different forms with the addition of grilled salads, and new combinations of flavors and dressings. Salads offer a variety of flavors, textures, and colors which can highlight any meal. Depending on their ingredients, they can be used as an entrée, dessert, side dish or appetizer.

The *Food Guide Pyramid* recommends that we consume at least five servings of fruits and vegetables per day. One cup of leafy raw vegetable can count as one of these servings. If a fruit salad is what you desire, then count one piece of fruit, or a melon wedge, or one-half cup of canned fruit as a serving. Salads prepared with fresh raw vegetables and fruits are an excellent source of vitamin C. Dark green leafy or yellow vegetables are also an excellent source of vitamin A.

Often we assume that salads are lower in fat. But adding mayonnaise, chopped meats and cheeses and high-fat salad dressing can tally up to high fat and high calories quickly.

There are two types of **vegetable salads**—greens with fresh vegetables and marinated vegetables. Greens with fresh vegetables include tossed, Caesar and spinach salads. Marinated salads include coleslaw, carrot-raisin, three-bean and potato salad. Ingredients should be cut into bite-sized pieces with a light coating of dressing. Use one to two tablespoons of dressing for every four-ounce portion of salad.

The pasta in **pasta salad** should be the main attraction and should not be upstaged by the dressing or other ingredients. For maximum flavor, pasta salads should not be served right out of the refrigerator. When very cold, their flavor

is somewhat subdued and their texture is sticky. The basic guidelines for pasta salads also apply to **rice salads**. To prevent sticky or mushy rice use long-grained polished rice.

In **legume salads**, the doneness of the bean or pea is very important. The eye appeal of the salad depends heavily on the shape and color of the beans. Use whole, unbroken legumes and cook to the al dente stage.

**Meat and poultry salads** can be served as an appetizer, salad or entrée. Meat and poultry salads require constant refrigeration and should be in airtight containers to avoid dehydration and contamination. If leftover meats become dry after refrigeration, they may need to be marinated in vinaigrette for 45 to 60 minutes.

**Seafood** salads depend on firm seafood. Moist heat methods, such as poaching, braising, steaming or boiling, is the most commonly used method of cooking.

Fruit salads range from the simplicity of sliced fruit to fruits mixed with a dressing. The primary concern is the preservation of the natural color, flavor and texture. The flesh of some fruits, such as apples and bananas, turns brown after being exposed to air. The two most common methods of preventing this are the dipping of the cut fruit in a light acid, sugar or salt solution.

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# Soup and Salad Recipes

## Chunky Gazpacho & Fresh Fruit with Tangy Dressing

### Chunky Gazpacho

Yield: 8 (1½-cup) servings

6 cups coarsely chopped tomatoes  
32 ounces low-sodium tomato juice  
2 cups coarsely chopped peeled cucumber  
1½ cups chopped green bell pepper  
1¼ cups finely chopped sweet onion  
1 cup finely chopped celery  
1 Tbsp olive oil  
1 Tbsp balsamic vinegar  
1 Tbsp basil vinegar  
1 Tbsp rice vinegar  
¾ tsp salt  
½ tsp pepper  
½ tsp hot sauce  
3 garlic cloves, minced  
Combine all ingredients and stir well. Cover and chill. *Nutritional Analysis:* 95 Calories, 3 g protein, 2 g fat, 17 g carbohydrate, 321 mg sodium.

### Fresh Fruit with Tangy Dressing

Yield: 8 (2-tablespoon) servings

4 cups sliced banana  
4 cups cubed cantaloupe  
1 medium avocado, peeled and sliced  
Lettuce leaves  
1 tablespoon sugar  
⅓ cup lemon juice  
¼ cup water  
1 tsp celery seeds  
1 tsp dry mustard  
1 tsp paprika  
½ tsp salt  
On each of eight lettuce-lined salad plates, arrange ½ banana, ½ cup cantaloupe and ⅛ of avocado. Combine sugar and the remaining ingredients in a blender. Drizzle dressing over each salad. *Nutritional Analysis:* 189 Calories, 2 g protein, 6 g fat, 36 g carbohydrate, 158 mg sodium.

## Chicken Pasta Stew and Black Bean Salad

### Chicken Pasta Stew

Yield: 5 (1½-cup) servings

1 lb. skinless, boneless chicken, in 1-inch pieces  
1 medium onion, chopped  
¾ cup celery  
7 ounces diced green chiles  
2 tsp chopped garlic  
2 cups chicken broth, fat removed  
1 cup water  
2 cups egg noodles  
1½ cups frozen mixed peas and carrots  
In a 3-quart saucepan, mix all ingredients except noodles and mixed vegetables. Simmer covered for 15 minutes. Add remaining ingredients. Simmer uncovered, 15 minutes or until noodles are tender. *Nutritional Analysis:* 272 Calories, 32 g protein, 21 g carbohydrate, 7 grams fat, 87 mg cholesterol, 291 mg sodium.

### Black Bean Salad

Yield: 5 servings

2 15-ounce cans black beans, drained  
½ cup red bell pepper, sliced thinly  
¾ cup green chili peppers, finely chopped  
1 clove garlic, finely minced  
1 Tbsp lemon juice  
2 tsp sugar  
½ cup French dressing  
In a stainless steel mixing bowl, combine all ingredients except black beans and blend well. Add black beans and gently toss, being careful not to break the beans. Adjust seasoning. Allow salad to marinate for a minimum of 3 hours. *Nutritional Analysis:* 232 Calories, 10 g protein, 32 g carbohydrate, 11 g fat, 15 mg cholesterol, 1052 mg sodium.

## Meals in Themselves

### Chicken and Broccoli Salad

Yield: 4 (1½-cup) servings

2 cups cooked, diced chicken  
2½ cups freshly chopped broccoli  
½ cup raisins  
¼ cup sunflower seeds  
2 Tbsp diced red onion  
2 Tbsp crisp crumbled bacon  
2 Tbsp non-fat plain yogurt  
2 Tbsp mayonnaise  
1½ Tbsp sugar or artificial sweetener  
½ Tbsp vinegar

Combine chicken, broccoli, raisins, sunflower seed, onion and bacon. Mix remaining ingredients together and add to broccoli mixture. Toss well to coat. Chill a minimum of 2 hours. *Nutritional Analysis:* 320 Calories, 25 g protein, 29 g carbohydrate, 13 g fat, 62 mg cholesterol, 163 mg sodium.

### Tostada Salads

Yield: 6 servings

6 (8-inch) flour tortillas  
1 lb. ground beef  
1-2 tsp chili powder  
¼ tsp cumin  
¼ tsp oregano leaves  
¼ tsp garlic powder  
¼ tsp onion powder  
½ cup tomato sauce  
½ cup water  
2 cups shredded lettuce  
15-ounce can kidney beans, drained  
1 large tomato, seeded and chopped  
1 small onion, chopped  
½ cup sliced ripe olives  
8-ounce jar pasteurized processed cheese spread

Bake tortillas at 350°F for 10-13 minutes until dry, crisp and lightly browned. In large skillet, brown ground beef and drain. Add seasonings, tomato sauce and water, simmering 5 minutes.

To assemble: place baked tortillas on serving plates and top each with 1/6 of each ingredients, beginning with lettuce. Pour melted cheese over salads. *Nutritional analysis:* 464 Calories, 30 g protein, 39 g carbohydrate, 21 g fat, 72 mg cholesterol, 933 mg sodium.

### Hearty Beef Stew

Yield: 6 (1½-cup) servings

2 lb. boneless beef stew meat in 1½-inch cubes  
¼ cup flour  
2 tsp salt  
¼ tsp pepper  
3 Tbsp oil  
2 cups water  
8-oz tomato sauce  
2 celery stalks, cut into 1-inch pieces  
2 medium onions, quartered  
1 bay leaf  
6 carrots, cut into 1-inch pieces  
4 medium potatoes, cut into pieces  
2 Tbsp flour  
¼ cup water  
1 cup frozen peas

Coat beef with mixture of flour, salt and pepper. Brown meat in oil. Stir in water, tomato sauce, celery, onions and bay leaf. Bring to a boil. Reduce heat, cover and simmer 1½ hours or until meat is tender. Remove bay leaf. Add carrots and potatoes. Simmer covered an additional 30-40 minutes or until vegetables are tender. Combine flour and water well. Stir into stew along with peas. Cook until mixtures thickens. *Nutritional Analysis:* 527 Calories, 31 g protein, 42 g carbohydrate, 26 g fat, 92 mg cholesterol, 1278 mg sodium.