

SOUPS

Split Pea and Ham Soup with Salsa Salad

The soup and salad are each Zone-balanced.

Serves six

Split Pea and Ham Soup

1 lb. dried green split peas
6 cups water
12 oz. chopped celery
8 oz. chopped onion
3 oz. chopped carrots
¼ cup olive oil
2 tsp. Morton lite salt
1 tbs. dried parsley
4 oz. chopped lean ham

1 Prepare the soup ahead of time. Put the raw split peas in a crock pot that is four quarts or larger and cover with six cups of water.

2 Add celery, onion, and carrots to the soup.

3 Add olive oil, salt, parsley, and ham.

4 Cook on high for at least four hours.

5 Prepare salad. Prepare and combine the lettuce, tomatoes,

Caloric Density = .70 calories per gram.

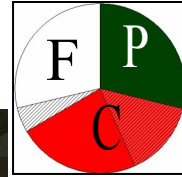


Serves six

Salsa Salad

1 medium (19 oz.) head iceberg lettuce, torn in bite sized pieces
2 medium (14 oz.) wedged tomatoes
2 oz. chopped green onions
1 finely-chopped, seeded jalapeño pepper, (use gloves when handling)
3 minced or pressed garlic cloves
1 small (3 oz.) chopped avocado
1 oz. chopped fresh cilantro
1 oz. chopped roasted boneless, skinless chicken
1 tsp. Morton lite salt

green onions, jalapeño pepper, garlic, avocado, cilantro, and chicken



Soup Serving Size: 15.95 oz. (394 calories)

Salad Serving Size: 7.2 oz. (68 calories)

breast as specified. Add salt and toss.

6 Enjoy!

Variation: Add one tsp. of curry powder to the soup for a mild curry.

Nutrition Facts		
Split Pea and Ham Soup with Salsa Salad		
Serving Size 656.0g (656.0g)		
Amount Per Serving		
Calories 462	Calories from Fat 125	
% Daily Value for 1750 cal		
Total Fat 14.0g		24%
Saturated Fat 1g		10%
Cholesterol 14mg		5%
Sodium 606mg		25%
Total Carbohydrate 60g		30%
Dietary Fiber 25g		102%
Sugars 13g		
Protein 27g		
Vitamin A 111%	Vitamin C 60%	
Calcium 11%	Iron 28%	

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