Healthy Recipe of the Month - August 2007

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Summer Asian Soup

This recipe, adapted from a Sunset Magazine reader's submission, has become a favorite with my family. It's a light tasting soup, perfect for summertime. One of my daughters is an aspiring chef (we are Food Network groupies!) and she enjoys making this recipe, as the mixing of the little turkey meatballs with the Chinese five-spice is a very satisfying experience. The mixture of colors, textures and flavors is a delight to eat!

Ingredients:
(Serves 4)

- 1-pound ground lean turkey
- ½ teaspoon Chinese five spice
- ½ teaspoon hot chili flakes
- ½ teaspoon salt
- 2 tablespoons all-purpose flour
- 1-tablespoon olive oil
- 2 cloves garlic, peeled and minced
- 1 tablespoon grated fresh ginger
- 1 can (14 oz.) light coconut milk
- 1 can (14 ½ oz.) fat-skimmed chicken broth
- 1 head bok choy (12 oz.), rinsed, stem end trimmed, and cut into 1-inch pieces
- 1 can (14 ½ oz.) baby corn, drained
- 2 Roma tomatoes (about 8 oz. total), rinsed, cored and chopped
• ¼ cup drained canned sliced water chestnuts
• ¼ cup thinly sliced green onions
• 1-tablespoon lime juice
• 3 tablespoons chopped fresh cilantro leaves

1. In a large bowl, mix ground turkey, five spice, chili flakes, and salt. Shape mixture into 1-inch balls. Pour flour onto a large rimmed plate and roll balls in flour to coat lightly.

2. Pour oil into a 4- to 5-quart nonstick pan over medium-high heat. Add meatballs in a single layer. Cook, turning frequently, until lightly browned all over and barely pink in the center (cut to test), 5 to 7 minutes. Using a slotted spoon, transfer to a plate.

3. Add garlic and ginger to pan and stir just until fragrant, about 30 seconds. Add coconut milk, broth, and meatballs; bring to a simmer. Adjust heat to maintain a simmer, cover, and cook until meatballs are no longer pink in the center, about 5 minutes.

4. Stir in bok choy, baby corn, tomatoes, water chestnuts, green onions, and lime juice and cook, stirring often, until bok choy leaves are wilted and stems are barely tender to bite, about 5 minutes. Sprinkle with cilantro and serve from pan.

Nutrient Analysis per serving:

• 440 calories
• 5 g. saturated fat
• 0 g. trans fat
• 7 g. dietary fiber
• 666 mg sodium (use salt free chicken broth to reduce the sodium)
♦ 135 mg folate
♦ 140 mg calcium

Any questions or comments? Email Jodi.