

## Wild Rice Mushroom Soup – Serves 4 – 173 calories per 1- ½ cup serving

### Ingredients

1 tablespoon olive oil	2 1/2 cups low-sodium, fat-free chicken broth
Half a white onion, chopped	1 cup fat-free half-and-half
1/4 cup chopped celery	2 tablespoons flour
1/4 cup chopped carrots	1/4 teaspoon dried thyme
1 1/2 cups sliced fresh white mushrooms	Black pepper
1/2 cup white wine, or 1/2 cup low-sodium, fat-free chicken broth	1 cup cooked wild rice

### Directions

Put olive oil in stockpot and bring to medium heat. Add chopped onion, celery and carrots. Cook until tender. Add mushrooms, white wine and chicken broth. Cover and heat through.

In a bowl, blend half-and-half, flour, thyme and pepper. Then stir in cooked wild rice. Pour rice mixture into hot stockpot with vegetables. Cook over medium heat. Stir continually until thickened and bubbly. Serve warm.

## Tasty Apple Pie – Serves 8 – 204 calories per 1 slice serving

### Pie crust

1 cup dry rolled oats  
1/4 cup whole-wheat pastry flour  
1/4 cup ground almonds  
2 tablespoons brown sugar, packed  
3 tablespoons canola oil  
1 tablespoon water

### Filling

6 cups sliced and peeled tart apples (about 4 large apples)  
1/3 cup frozen apple juice concentrate  
2 tablespoons quick-cooking tapioca  
1 teaspoon cinnamon

### Directions

To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Add a bit more water if needed. Press dough into a 9-inch pie plate. Set aside until filling is prepared.

To prepare filling, combine all ingredients in a large bowl. Let stand for 15 minutes. Stir and then spoon into prepared pie crust.

Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake 40 minutes, or until apples are tender.