Quick Healthy Meal

Instant Potato Soup
Grilled Cheese & Tomato Sandwich
Sliced or Baby Carrots
Apple Wedges

30 minutes before serving:
• Wash hands and tops of cans
• Make soup
• Set the table.

20 minutes before serving:
• Wash carrots, peel, cut into strips
• Wash tomato, use a sharp knife to make slices about 1/8 inch thick; put slices on paper towel to soak up some of the moisture
• Wash green onions or chives and chop for garnish.

15 minutes before serving:
• Wash the apples, slice into wedges; sprinkle with lemon juice to prevent browning
• Taste the soup and season with salt and pepper.

10 minutes before serving:
• Make sandwiches: layer tomato slices between two slices of cheese; surround with two slices of whole grain bread; lightly oil or butter outsides of bread and grill in a skillet over medium heat (flip to cook both sides).

Instant Potato Soup
Serves 4-5

2 10 oz. cans chicken broth
13 oz. can reduced fat evaporated milk
instant potato flakes (about 1 1/2 cups)
salt and pepper
reduced fat sour cream
scallions or chives

• Wash tops of chicken broth and milk cans
• Combine and bring to a boil
• Add potato flakes and stir; use more or less potato flakes depending on how thick you like soup
• Season with salt and pepper to taste
• Garnish with low fat sour cream and sliced green onions or chives.