



Creamy Tomato Bisque



Entire recipe: 120 calories, 3.5g total fat (0.5g sat. fat), 972mg sodium, 14g carbs, 2.5g fiber, 9.5g sugars, 8.5g protein

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Total: 5 minutes



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Ingredients

- 1/2 cup pizza sauce
- 1/2 cup reduced-sodium chicken or vegetable broth
- 1/4 cup low-fat cottage cheese
- 1/8 tsp. Italian seasoning
- Optional toppings: fresh chopped basil, grated parmesan cheese

Directions

Place all ingredients in a small blender. Blend until smooth and uniform.

Transfer to a medium microwave-safe bowl. Cover and microwave for 1 minute, or until hot.

MAKES 1 SERVING

HG Tips: Feel free to use low-sodium or unsalted broth to reduce the sodium count. And for a gazpacho-like spin, enjoy this soup chilled—you could even add some cooked shrimp!

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