

EMERGENCY SOUP

INGREDIENTS:

- 4 cups chicken broth
- 2 zucchini
- 1 cup small shell pasta
- Salt and pepper to taste
- 1 cup freshly grated Parmesan cheese

INSTRUCTIONS: Put the broth in a pot and bring to a boil. Trim the stem and blossom ends from the zucchini, but do not peel the zucchini. Grate the zucchini into the broth. Add the pasta and sim-

mer for 5 minutes. Taste the pasta, if it is tender, the soup is done. Season with salt and pepper.

Serve in bowls and sprinkle some grated Parmesan cheese over each serving.

Yields 8 cups

PER CUP: 130 calories, 9 g protein, 14 g carbohydrate, 4 g fat (3 g saturated), 10 mg cholesterol, 234 mg sodium, 1 g fiber.