

Page 2, continued

Nutrition Information:

Per Serving: 2 generous cups (not including Parmesan)

Calories: 300

Fat 2 g

Saturated Fat: 0.5 g

Cholesterol: 0 mg

Carbohydrate: 55 g

Fiber: 7 g

Protein: 15 g

Sugars 2 g

Sodium 779 mg

Food Facts meet escarole

Escarole (pronounced ESS-ka-roll) is a variety of endive whose leaves are broader, paler, and less bitter. It contains a number of nutrients, including folate, fiber, and vitamins C and K. If you can't find it, you can substitute Swiss chard or any other leafy green vegetable.

Skinny Scoop

Nothing can ruin a dish like mushy pasta To avoid that situation, cook the pasta in a separate pot. Then when you're ready to serve, divide the pasta among serving bowls, ladle in the soup, and top with cheese.