

## 5 A Day Recipes

### 12 Soups to Get You Through the Winter

#### Matzo Ball Soup with Vegetables

Also called a knaidel, a matzo ball is a small, round dumpling. A Jewish favorite, traditional matzo ball soup contains simply matzo balls and chicken broth. This version is lower in cholesterol and has some added vegetables for a slightly more substantial dish.

Matzo Balls:

- 3 tablespoons vegetable oil
- 1 cup egg substitute
- 1 cup unsalted matzo meal
- 1 teaspoon salt
- ½ cup minced fresh dill
- ¼ cup water
  
- 2 cups finely diced carrot
- 1 cup finely diced celery
- ½ cup finely diced fennel (optional; to simplify, you could replace fennel with more celery)
- 2 32-ounce boxes low-sodium chicken broth, or 8 cups no-salt-added homemade chicken broth
- ¼ cup minced scallion
- ½ teaspoon black pepper

Whisk together oil and egg substitute with a fork or small whisk. Add matzo meal, salt, dill and water and mix until a sticky dough forms. Cover and place in refrigerator for 10-15 minutes to stiffen.

Bring 3 quarts of water to a boil in a large pot. Meanwhile, remove matzo mixture from refrigerator and form into small balls, about 1 inch in diameter. Wet hands to prevent sticking. Drop balls into boiling water. Reduce heat to medium and cover. Boil matzo balls gently for 30-40 minutes, until cooked throughout (cut one open to check).

Wash each of the vegetables. In a medium pot, place carrots, celery and fennel, and add broth. Bring to a boil, lower heat, and gently boil until vegetables are soft, about 15 minutes. Stir in scallions, black pepper and cooked matzo balls and serve.

#### Nutritional Analysis Per Serving:

171 calories  
21 grams carbohydrate  
8 grams protein  
5 grams fat  
1.7 grams saturated fat  
0 milligrams cholesterol  
422 milligrams sodium  
2 grams fiber  
35% calories from fat  
9% calories from saturated fat  
1 "5 A Day" serving per person