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Deep Dish Lasagna Pie

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Tomato-Basil Soup

Make a quick version of the classic soup for a refreshingly light supper. Toasted French bread topped with a light Boursin cheese adds great flavor to the meal and is a tasty stand-in for the standard grilled cheese sandwich.

- **Yield:** 4 servings (serving size: 1 1/2 cups)

CookingLight

Photo by: Randy Mayor;
Melanie J. Clarke

Ingredients

- | | |
|--|---|
| 2 teaspoons olive oil | 3 (14.5-ounce) cans no-salt-added diced tomatoes, undrained |
| 3 garlic cloves, minced | 2 cups fresh basil leaves, thinly sliced |
| 3 cups fat-free, less-sodium chicken broth | Basil leaves (optional) |
| 3/4 teaspoon salt | |

Preparation

Heat oil in a large saucepan over medium heat. Add garlic; cook 30 seconds, stirring constantly. Stir in the broth, salt, and tomatoes; bring to a boil. Reduce heat; simmer 20 minutes. Stir in basil.

Place half of the soup in a blender; process until smooth. Pour pureed soup into a bowl, and repeat procedure with remaining soup. Garnish with basil leaves, if desired.

Nutritional Information

Amount per serving

Calories 103	Caloriesfromfat 24 %	Fat 2.8 g	Satfat 0.4 g	Monofat 1.7 g	Polyfat 0.4 g	Protein 5.8 g
Carbohydrate 15.9 g	Fiber 4 g	Cholesterol 0.0 mg	Iron 2.4 mg	Sodium 809 mg	Calcium 129 mg	

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