

## ASIAN-INSPIRED ZERO POINTS VALUE SOUP

Makes 12 servings, 0 points per serving

2 cups bok choy	sliced
2 cups Chinese cabbage	¼ tsp. red pepper flakes
3 cloves garlic	6 cups vegetable broth
¼ cup fresh ginger, julienned	1 cup bean sprouts, optional
4 small oyster mushrooms, chopped	2 cups snow peas, stringed
2 cups scallions, chopped	2 TBS low-sodium soy sauce
½ cup red pepper, thinly	½ cup cilantro, finely chopped
1 cup canned water chestnuts, sliced (8 oz. can)	

Put bok choy, cabbage, garlic, ginger, mushrooms, scallions, water chestnuts, red bell pepper, pepper flakes, and vegetable broth into a large soup pot. Stir to combine. Cover and bring to boil over high heat. Reduce heat to low and simmer, partly covered, for about 10 minutes. Toss in bean sprouts (optional) and snow peas during last 3-4 minutes of simmering.

Add soy sauce and cilantro. Serve. Serving size = about 1 cup.