

## 15 Minute Microwave French Onion Soup



- 1 medium sweet yellow onion, sliced into rings
- 1 tsp butter
- 1  $\frac{1}{4}$  cup water
- 1 beef ramen seasoning packet (save the noodles for another recipe)\*
- 1 slice of whole wheat bread
- 1 slice Kraft 2% singles, swiss variety
- 1 T parmesan cheese

\*For lower sodium, substitute for 2 low sodium beef bouillon cubes, 1 serving packet low sodium French onion soup mix, or 1 can of low sodium french onion soup (not condensed)

Combine sliced onion and butter into a large microwaveable bowl. Cover and microwave on high for 8 minutes, stirring occasionally. Add the water and ramen seasoning packet. Cover and microwave on high for 5 minutes. In the meanwhile, toast the piece of bread. Float the toasted piece of bread (you may need to cut the crusts off to make it fit into the bowl) on top of the liquid and then dump the mozzarella and parmesan on top of it. Cover the bowl again and let it sit for 2 minutes until the steam melts the cheese.

Onions are among the richest sources of dietary flavonoids, compounds that are cancer fighters and clot busters! They also contain 3 grams of dietary fiber per cup, and contribute a delicious flavor to virtually any dish. Onions can be bought in 3 and 5 lb bags (it's usually cheaper that way), last for weeks, and do not need to be refrigerated. So make sure you always have a stockpile ready for your next *meal adventure*.

NUTRITION FACTS PER SERVING: 280 calories, 9g total fat, 40g total carbohydrate, 6g dietary fiber, 13g protein, 1330 mg sodium.

This recipe contains an **excellent** source of calcium and a **good** source of Fiber, Iron, Vitamin B6, Vitamin C, and Folate. See nutrition facts for sodium content.

Recipe contributed by Megan Durkee, 2012 dietetics student