

## Mediterranean Vegetable Soup

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- Cooking Spray
- ½ cup chopped onion
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 1 cup water
- ½ teaspoon dried oregano
- ¼ teaspoon crushed red pepper
- 1 (15.5 ounce) can chickpeas (garbanzo beans), drained and rinsed
- 1 (14.5 ounce) can no salt added diced tomatoes
- 1 (14.5 ounce) can low sodium vegetable broth
- ¼ cup plain low-fat yogurt

### **Directions:**

- 1) Heat a large saucepan coated with cooking spray over medium-high heat. Add onion, sauté for 3 minutes. Add zucchini and yellow squash, sauté 3 minutes.
- 2) Add water, dried oregano, crushed red pepper, chickpeas, diced tomatoes, and vegetable broth. Bring to a boil.
- 3) Reduce heat, and simmer 5 minutes.
- 4) Serve with yogurt.



### **Nutritional Analysis:** (per serving)

- Calories: 185
- Fat: 2 g
- Saturated Fat: 0 g
- Sodium: 600 mg
- Protein: 9 g
- Carbohydrate: 35 g
- Sugars: 0 g
- Dietary Fiber: 6 g

### **Source:**

*Cooking Light\**

*\*This recipe has been modified to meet Go! Foods® criteria*