

Recipes From Page C1

- Place skewers on rack of broiler pan. About 7 to 9 inches from heat source, broil kabobs 10 minutes or until chicken is fork-tender and lightly browned.
 - On serving platter, arrange rice; top with kabobs. Makes 4 servings.
- Calories Per Serving: 431
Mg. Sodium Per Serving: 84

ROLLED SOLE FLORENTINE

- 2 tablespoons unsalted margarine
- 4 cups chopped fresh spinach
- 2 medium cloves garlic, minced
- 1 can (10 1/2 ounces) Low Sodium Ready to Serve Cream of Mushroom Soup
- 1/2 cup fresh bread crumbs (2 slices)
- 1 teaspoon grated lemon rind
- Generous dash pepper
- 4 large flounder fillets (about 1 pound)
- 1 tablespoon lemon juice
- 1 teaspoon onion powder

- In 2-quart saucepan over medium heat, in hot margarine, cook spinach with garlic until tender. Add 1/4 cup soup, bread crumbs, lemon rind and pepper; mix well.
 - Spread mixture evenly on each fillet. Starting at narrow end, roll fillet jelly-roll fashion; place seam-side down in 2-quart baking dish.
 - In small bowl, combine remaining ingredients; pour over fish. Bake at 350°F. for 30 to 35 minutes or until fish flakes easily when tested with a fork. Makes 4 servings.
- Calories Per Serving: 208
Mg. Sodium Per Serving: 145

CAJUN SHRIMP OKRA GUMBO

- 2 teaspoons salad oil
- 1/2 cup chopped onions
- 1/2 cup chopped green pepper
- 2 medium cloves garlic, minced
- 1/4 teaspoon dried thyme, crushed
- 2 cans (10 1/2 ounces each) Low Sodium Ready to Serve Chicken Broth
- 1 can (16-ounce) no salt added tomatoes, chopped
- 1 package (10-ounces) frozen chopped okra
- 1 tablespoon cornstarch
- 1 pound shelled and deveined shrimp
- Generous dash hot pepper sauce
- 2 cups hot cooked rice

- In 3-quart saucepan over medium-high heat, in hot oil, cook onions, green pepper, garlic and thyme until vegetables are tender, stirring occasionally.
 - Add soup, reserving 1/4 cup. Stir in tomatoes and okra; heat to boiling. Reduce heat to low; simmer 20 minutes or until okra is tender.
 - In small bowl, blend cornstarch with remaining soup; gradually stir into soup mixture. Add shrimp and hot pepper sauce; cook 10 minutes, stirring occasionally, until shrimp turns pink and opaque.
 - Serve in bowls with 1/2 cup of rice. Makes 6 cups or 4 servings.
- Calories Per Serving: 186
Mg. Sodium Per Serving: 191

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