



# Souping Up Life

## Soup's On

(NAPSA)—This onion soup, developed by Janet Zappala, certified nutritional consultant and author of “My Italian Kitchen” ([www.janetzappala.com](http://www.janetzappala.com)), is low in salt and fat but full flavored with Jarlsberg Lite, a tasty, meltable, reduced-fat cheese.

### Onion Soup *Serves 4*

- ¼ cup extra-virgin olive oil
- ¼ cup buttery spread (such as Earth Balance)
- 2 large yellow onions, sliced
- 1½ cups low-sodium chicken broth
- 1½ cups beef broth
- 3 cloves garlic, crushed
- 1 Tbsp. low-sodium soy sauce
- ½ cup V8 juice
- ¼ cup port wine
- 1 tsp. salt
- 1 tsp. black pepper
- 4 slices whole wheat baguette
- 4 slices Jarlsberg Lite cheese

Preheat oven to 350°. Heat olive oil and butter spread in large sauce pot over medium heat for 1 minute. Add onions, stir to combine. Sauté 5 minutes, stirring occasionally. Stir



A hot idea on a cold day can be a cheese-topped onion soup.

in chicken and beef broths, garlic and soy sauce. Reduce heat. Simmer 10 minutes. Increase heat to medium and stir in V8 juice, wine, salt and pepper. Bring to boil before reducing heat. Simmer for 20 minutes, stirring occasionally. While soup simmers, arrange bread slices on baking sheet. Toast for 10 minutes. Remove toast from oven. Turn temperature to broil. Ladle soup into ovenproof bowls. Top each with slice of toast and cheese. Broil 2 minutes or until cheese melts. Serve immediately.

For more recipes using Jarlsberg Lite, you can visit [www.norseland.com](http://www.norseland.com).