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EAT THIS!
NOT THAT!

Soup's on!
Warm up and slim down with these simple and delicious comfort-food picks.

By DAVID ZINCZENKO



From your own kitchen ...

EAT THIS!

Easy wonton soup

In a saucepan over medium-high heat, cook 2 tablespoons minced garlic, 1 tablespoon minced ginger, and 1 teaspoon chile paste (like sambal oelek) in 1 teaspoon sesame oil. Stir frequently until aromatic, about 1 minute. Add 1 tablespoon reduced-sodium soy sauce, scraping up any brown bits, and then 1 1/4 cups low-sodium chicken broth and 3/4 cup water. Reduce heat to medium low and simmer for 5 minutes, stirring occasionally. Bring to a boil and add 8 mini dumplings (like Trader Joe's Chicken Cilantro Mini Wontons) and 3/4 cup shelled edamame, and cook for 2 minutes more. Add a handful of fresh spinach and stir until wilted. Divide between two bowls and garnish with chopped scallions. (178 calories)



At the Asian-fusion restaurant ...

NOT THAT!

P.F. Chang's Hot & Sour Soup (bowl)

380 calories, 7,980 mg sodium

Not one bowl of soup at P.F. Chang's has less than 1,000 milligrams of sodium, but this one is particularly high. Start your meal with it and you'll consume five days' worth of salt—before you even get to your entrée.



EAT THIS!

P.F. Chang's Egg Drop Soup (cup)

50 calories, 600 mg sodium

Starting with a broth-based soup will keep you from overindulging in the rest of your meal. Order a cup instead of a bowl and you'll consume less sodium and fewer calories and still feel satisfied.

SAVE! 330 CALORIES
7,380 MG SODIUM

SMART SOUP SWAPS

When you want classic chicken ...

NOT THAT!

Au Bon Pain Chicken Florentine Soup, medium (280 calories, 15 g fat)

EAT THIS!

Au Bon Pain Chicken Noodle Soup, medium (120 calories, 2.5 g fat)

SAVE! 160 calories and 12.5 g fat

When you're craving Italian ...

NOT THAT!

Olive Garden Zuppa Toscana (220 calories, 15 g fat)

EAT THIS!

Olive Garden Minestrone (110 calories, 1.5 g fat)

SAVE! 110 calories and 13.5 g fat

At the grocery store ...

NOT THAT!

Campbell's Slow Kettle-Style Tomato & Sweet Basil Bisque, 1 cup (290 calories, 16 g fat)

EAT THIS!

Campbell's Healthy Request Harvest Tomato With Basil Soup, 1 cup (100 calories, 0 g fat)

SAVE! 190 calories and 16 g fat

Recipe by Kate Parham Kordsmeyer. Food styling by Jamie Kimm; prop styling by Lisa Lee/Roy Brown Pro