



Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak...

because in your life you will have been all of these.

Easter Trivia

- 1 Pennsylvania is the birthplace of the chocolate Easter Bunny. True or False
- 2 Jelly Beans became associated with Easter in the 1930's after a candy maker noticed their shape resembled an Easter Egg. True or False
- 3 The custom of decorating Easter eggs began in Rome around 2000 years ago. True or False
- 4 The Easter Bunny is the animate symbol of Easter because of ancient beliefs that rabbits represent fertility. True or False

Find answers at www.pierresdpc.com

Veggie, Ham & Cheese Soup

When the Easter holiday is over, make a meal out of leftover ham. Warm and creamy!



Ingredients

- 1 medium onion, chopped
- 1 celery rib, chopped
- 2 small red potatoes, cut into 1/2-inch cubes
- 2-3/4 cups water
- 2 teaspoons reduced-sodium chicken bouillon granules
- 1 tablespoon cornstarch
- 1/4 cup cold water
- 1 can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted
- 3 cups frozen California-blend vegetables, thawed
- 1/2 cup chopped fully cooked lean ham
- 8 ounces reduced-fat process cheese (Velveeta), cubed

Directions

In a large nonstick saucepan coated with a cooking spray, cook onion and celery over medium heat until onion is tender. Stir in the potatoes, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 10 minutes.

Combine cornstarch and cold water until smooth; gradually stir into soup. Return to a boil; cook and stir for 1-2 minutes or until slightly thickened. Stir in condensed soup until blended. Reduce heat; add vegetables and ham. Cook and stir until vegetables are tender. Stir in cheese until melted. Yield: 9 servings.

3/4 cup equals 115 calories, 4 g fat (2 g saturated fat), 15 mg cholesterol, 682 mg sodium, 13 g carbohydrate, 1 g fiber, 8 g protein.

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