

Zonya's Healthy Hot Tottie

1. Fill mug half full with 1/3-less sodium chicken broth
2. Fill remaining half mug with low-sodium V-8 Juice
3. Add:
 - 1 tsp. of Parmesan cheese
 - Dash of oregano, basil or Italian seasoning
 - Dash of crushed red pepper
4. Stir and heat in microwave for 60-90 seconds on High. Stir again.

Recipe Courtesy of Zonya Foco, RD

Check out Zonya Foco's Lickety Split Meals cookbooks –they provide recipes that are healthy, easy to prepare and delicious! For more information, go to:

<http://www.zonya.com/shop/books-guides.html>