



Zonya's Healthy Hot Tottie

Directions:

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:
 - a. 1 tsp. of Parmesan cheese
 - b. Dash of oregano, basil or Italian seasoning
 - c. 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>