

# Two types of healthy fast food

MADY BY ARINA  
AKIMOVA, ,KSENIA  
UPOROVA,NATALIA  
IVANOVA.

## Healthy food is:

- ▶ Low in calories
- ▶ Protein
- ▶ Low in sodium
- ▶ Low in sugar
- ▶ No trans fat

# Fast Soups



# Easy Creamy Potato, Leek, and Sauerkraut Soup Ingredients

- ▶ 2 teaspoons (10ml) vegetable oil
- ▶ 1 (12- to 18-ounce) link smoked kielbasa sausage, split in half lengthwise and cut into 1/2-inch slices (350 to 500g)
- ▶ 4 tablespoons (60g) unsalted butter
- ▶ 2 medium leeks, white and pale green parts only, split in half lengthwise and cut into 1/2-inch pieces (about 8 ounces; 225g) Kosher salt and freshly ground black pepper
- ▶ 1 pound (450g) Yukon Gold potatoes, peeled and cut into 1-inch cubes
- ▶ 5 cups (1.2L) homemade or store-bought low-sodium chicken stock
- ▶ 8 ounces white or green cabbage, shredded (225g; about 1/2 medium head)
- ▶ 2 bay leaves
- ▶ 1 pound sauerkraut with its liquid (450g; about 2 cups)
- ▶ Chopped fresh dill and extra-virgin olive oil, for serving
- ▶ Fresh crusty bread, for serving



# Easy to make salads





Thank you for  
attention!