



# Trending foods to add to your next meal

Food gains popularity in the culinary world as consumer tastes, preferences and spending patterns change. Some food trends may come and go quickly, while others become a staple for people and stick around for longer.

Try one of our tasty, trending food recipes for your next meal.

## Mushroom barley soup

### Ingredients

- 1 Tbsp vegetable or canola oil
- 1 onion, chopped
- 2 celery stalks, sliced thin
- 2 carrots, peeled and sliced thin
- 1 cup potatoes, cut into pieces
- 2 cups mushrooms, sliced
- 1/2 cup barley, quick cooking
- 1 tsp garlic powder
- 1/2 tsp ground thyme
- 3 cups low-sodium chicken broth
- 2 cups water
- 1 Tbsp fresh parsley, chopped

### Directions

1. Heat oil in a large pot over high heat. Sauté onion, celery, carrots, and mushrooms until golden, about 4 minutes.
2. Add the rest of the ingredients except for the parsley and bring to a boil.
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve hot.



**Recipe notes:** When picking out mushrooms for this recipe, we suggest using cremini mushrooms, also known as baby bella mushrooms. They're the same species as button mushrooms, but they're harvested later in the growing process. Because they've been allowed to mature for longer, they're meatier and more savory than their younger cousins.

**Servings:** 4 | **Serving Size:** 1/4 of the recipe | **Nutrition facts per serving:** Calories 218; Total fat 5g; Saturated fat 1g; Sodium 104mg; Carbohydrates 38g; Fiber 6g; Protein 8g

## Moroccan avocado smoothie

### Ingredients

- 1 ripe avocado, pitted and peeled
- 1 overripe banana
- 1 cup unsweetened almond milk or orange juice
- 1 cup ice

### Directions

1. Place the avocado, banana, milk, and ice into a blender. Blend until there are no pieces of avocado remaining, and the mixture is smooth and frothy. Divide into chilled glasses and enjoy.



**Servings:** 4 | **Serving Size:** 1 cup | **Nutrition facts per serving:** Calories 100; Total fat 6g; Saturated fat .8g; Sodium 35mg; Carbohydrates 11g; Fiber 3g; Protein 1g

## Hot-wing-flavored chicken with ranch sauce

### Ingredients

- 2 tsp hot pepper sauce (or to taste)
- 1 Tbsp lemon juice, fresh
- 2 tsp olive oil
- 4 chicken breasts, boneless and skinless, all visible fat discarded, halved
- 1 cup cornflake crumbs (about 2 cups of flakes)
- 1/4 cup light or fat-free sour cream
- 1/4 cup 1% low-fat buttermilk
- 1/2 tsp garlic powder
- 1/4 tsp dried dillweed, crumbled

### Directions

1. In a large shallow bowl, stir together the hot pepper sauce, lemon juice, and olive oil.
2. Add the chicken and turn to coat. Cover and refrigerate for 30 minutes to 8 hours, turning occasionally if longer than 30 minutes.
3. Preheat the oven to 375°. Lightly spray an 8-inch square baking pan with vegetable oil spray.
4. Remove chicken from marinade, discarding any extra marinade.
5. Put the cornflake crumbs on a plate and coat both sides of the chicken. Transfer to the baking pan.
6. Lightly spray the top of the chicken with vegetable oil spray. Bake for 30 minutes, or until the chicken reaches an internal temperature of 165° and the coating is crisp. Transfer to a serving plate.
7. Meanwhile, in a small bowl, whisk together the remaining ingredients. Cover and refrigerate until ready to serve. Spoon the sauce over the chicken or use it as a dipping sauce.

**Servings:** 4 | **Nutrition facts per serving:** Calories 238; Total fat 8g; Saturated fat 2g; Sodium 182mg; Carbohydrates 8g; Fiber 0g; Protein 32g

## Broiled glazed peaches stuffed with blueberry compote and cream cheese

### Ingredients

- 1 pint blueberries, divided
- 1/2 cup granulated sugar substitute, divided
- 2 Tbsp fat-free cream cheese
- 5 tsp lemon juice, divided
- 4 firm but ripe peaches, halved and pitted
- 1 Tbsp cornstarch
- 1 Tbsp finely chopped nuts (like walnuts or almonds)
- 1 cup non-fat vanilla frozen yogurt, optional

### Directions

1. Preheat the broiler on high.
2. Add half the blueberries to a small nonstick pan. Warm over medium-high heat, stirring occasionally, until blueberries begin to burst, about 4 to 5 minutes. Lower the heat to medium; add remaining blueberries, 1/4 cup sugar substitute, cream cheese, and 2 tsp lemon juice. Stir constantly until cream cheese melts, about 2 to 3 minutes. Remove from heat and set aside.
3. Coat a large baking dish with cooking spray. Halve each peach; remove and discard pits. Using a melon baller, remove 1 tsp of peach flesh from the middle of each so they hold more filling. Place cut-side-up in a baking dish.
4. Make the glaze: In a small bowl, add 1/4 cup sugar substitute and 1 Tbsp cornstarch; stir in teaspoons of lemon juice to create a glaze consistency, about 2 to 3 tsp. Use a spoon to spread the glaze on top of each peach half.
5. Broil peaches about 3 to 4 inches from heat until peaches are almost tender, about 5 minutes.
6. Remove the dish from the broiler. Divide the blueberry mixture between each peach, filling each peach cavity. Place in broiler for another 5 minutes.
7. Remove from the boiler again. Top with nuts, using your fingers to press nuts into blueberry compote. Use a spatula to transfer two peach halves to each plate. Top each one with 2 Tbsp of frozen yogurt, if desired. Serve.



**Servings:** 4 | **Serving size:** 2 peach halves | **Nutrition facts per serving:** Calories 126; Total fat 1.4g; Saturated fat .1g; Sodium 52mg; Carbohydrates 28g; Fiber 4g; Protein 3g