Sweet Potato-Carrot Soup with Ginger and Apple

Serves 8. Total time 45 minutes. Soup can be made ahead and frozen.

Sweet Potato-Carrot Soup with Ginger and Apple
Adapted with permission from the American Institute for Cancer Research (www.aicr.org)

1 T. olive oil
2 medium leeks, white part only, sliced
8 carrots, peeled and coarsely chopped
1 large sweet potato (about 12 oz.), peeled and coarsely chopped
1 Granny Smith apple, peeled and coarsely chopped
2 tsp. peeled, minced fresh ginger root
4 cups fat-free, reduced-sodium chicken broth
1 cup cold water
2 tsp. grated orange zest
½ tsp. ground ginger
½ tsp. ground nutmeg
1/8 tsp. salt
Freshly ground white or black pepper to taste
1 cup orange juice

Warm oil in a Dutch oven over medium heat. Add leeks and cook 6-8 minutes until translucent, stirring occasionally. Stir in carrots, sweet potato, apple, and ginger root; cook 2 minutes. Add broth, water, orange zest, ground ginger, nutmeg, salt, and pepper. Bring to a boil over medium-high heat. Lower heat to medium low and simmer 25 minutes until carrots and sweet potatoes are tender. Let stand 5-10 minutes to cool slightly. Add orange juice and blend in a blender until smooth, processing in two separate batches.

(*Tip: When blending a warm soup, remove the plastic insert in the center of the blender lid and cover the opening loosely with a clean kitchen towel to let some of the steam out during processing).

Nutrition Information (per 1/8 recipe): 111 cal, 2 g protein, 2 g fat, 0 g sat. fat, 0 g trans fat, 22 g carb, 3 g fiber, 0 mg chol, 338 mg sodium. 124% Daily Value Vitamin A; 1 serving equals: 1 vegetable, 0.5 fruit

Spinach Salad with Pomegranate Seeds and Clementines
Feel free to substitute dried cranberries and mandarin oranges if you can’t fine pomegranates and clementines.

1 pomegranate
16 cups fresh baby spinach
4 clementines, peeled and sectioned
16 T. light raspberry vinaigrette
8 T. crumbled feta or goat cheese
8 T. sunflower seeds

Directions:
Fill a large bowl with cold water and place it in an empty sink (pomegranate juice stains). Slice off the crown of the pomegranate and cut it into sections. Place the sections in the water and roll the seeds away from the membrane, letting them fall into the bowl. Strain out the seeds and discard the peel and white membrane. Toss the pomegranate seeds with remaining ingredients.

Nutrition Information (per 1/8 recipe): 162 cal, 4.5 g protein, 10 g fat, 2 g sat. fat, 0 g trans fat, 25 g carb, 4 g fiber, 8 mg chol, 250 mg sodium. 1 serving equals: 1 vegetable, 0.5 fruit, 1 fat

Whole Wheat Rolls (8)
Tip: Look for whole wheat rolls in the bakery or freezer section of your supermarket. Example frozen brands include Alexia and Pillsbury 100% whole grain rolls. Bake in the oven for 10 minutes and serve warm.

Nutrition Information (per small roll): 93 cal, 3 g protein, 1 g fat, 0 g sat. fat, 0 g trans fat, 18 g carb, 3 g fiber, 0 mg chol, 167 mg sodium. 1 serving equals: 1 whole grain

Nutrition Information (per 1/8 of each recipe): 366 cal, 10 g protein, 13 g fat, 2 g sat. fat, 0 g trans fat, 65 g carb, 10 g fiber, 8 mg chol, 755 mg sodium. 1 serving equals: 2 vegetables, 1 fruit, 1 whole grain, 1 fat

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Shopping List

Produce Section
- 2 medium leeks (see tip #1)
- 8 carrots
- 1 large sweet potato (about 12 oz.)
- 1 Granny Smith apple
- 2 tsp. peeled, minced fresh ginger root (see tip #2)
- 2 navel oranges to yield 1 cup juice and 2 tsp. zest (see tip #3)
- 1 pomegranate (see tip #4)
- 16 cups fresh baby spinach
- 4 clementines (see tip #5)

Dry Goods Section
- 1 T. olive oil
- 4 cups fat-free, reduced sodium chicken broth
- ½ tsp. ground ginger
- ½ tsp. ground nutmeg
- 16 T. light raspberry vinaigrette
- 8 T. sunflower seeds

Meat/ Dairy Section
- 8 T. crumbled feta or goat cheese

Frozen Foods Section
- 8 small whole grain rolls (see tip #6)

Smart Shopper Tip #1:
Leeks resemble large green onions with a white stalk and green tops. Slice off the woody dark green top and discard. Slice the leeks crosswise and rinse well in a colander to remove sand and grit. Yellow onions have a slightly stronger flavor but may substituted.

Smart Shopper Tip #2:
Fresh ginger root looks like a brown knobby root. Choose a small piece, peel with a vegetable peeler, and chop finely. Leftover ginger can be stored in the refrigerator for 3 weeks or wrapped in plastic wrap and frozen.

Smart Shopper Tip #3:
Wash oranges well and place in the microwave for 25 seconds. Roll them on the counter to help them release more juice. Grate the orange zest off with a zester or the small holes on a box grater, being careful not to include the bitter white pith. Slice and juice the oranges.

Smart Shopper Tip #4:
Pomegranates are deep red winter fruits with inedible skins and delicious juice-filled seeds. When they are not available, substitute dried cranberries.

Smart Shopper Tip #5:
Clementines are small sweet citrus fruits that are easy to peel and usually seedless. They are widely available in the winter. When they are not available, substitute mandarin oranges canned in juice.

Smart Shopper Tip #6:
Check your frozen foods section for whole grain rolls, such as Alexia or Pillsbury 100% whole grain rolls. The bakery may also offer whole grain rolls.