

5 A Day Recipes

12 Soups to Get You Through the Winter

Winter Sunshine Carrot-Orange Soup

Serves 4

Also nice for autumn, this easy, bright, sophisticated soup is full of complex flavors yet oh-so-comforting on a cool evening. For quicker preparation, boil the carrots and garlic instead of roasting them. Roasting them, however, gives the soup a richer, deeper flavor. This recipe provides one 5 A Day serving for each person.

- 1 pound carrots, peeled, washed, and cut into 1/4-inch pieces
- 2 cloves garlic, crushed
- 1 14-ounce can low-sodium chicken broth
- 1 14-ounce can non-fat evaporated milk
- Juice and zest of 1 orange
- 1¼ teaspoons pumpkin pie spice*
- 1 teaspoon black pepper
- ½ teaspoon grated fresh ginger
- ½ teaspoon salt
- 1 Granny Smith apple, chilled

Preheat oven to 350 degrees F. Coat carrots and garlic lightly with vegetable cooking spray and roast, covered, until carrots are soft, about 1 hour. Transfer carrots and garlic to a blender; add chicken broth and puree until smooth. Transfer puree to a medium pot; whisk in milk, juice, zest and seasonings. Heat on low until warm throughout and no sharp garlic taste remains. Add water or milk to thin, if necessary.

To serve, slice pre-washed apple into matchstick-shaped slivers and divide among four bowls. Ladle the hot soup over the chilled apple, and serve immediately.

*In the spice section, this is a mixture of cinnamon, ginger, nutmeg and allspice.

Nutritional Analysis Per Serving:

171 calories
31 grams carbohydrate
9 grams protein
1 gram fat
0.2 gram saturated fat
3 milligrams cholesterol
468 milligrams sodium
1 gram fiber
6% calories from fat
1% calories from saturated fat
2 "5 A Day" servings per person