

HEALTHY RECIPES OF THE RAINBOW

NUTRITION - COLOUR OF ORANGE



ORANGE RECIPE



SZECHUAN CARROT SOUP



CAROTENOIDS, it's easy to remember, just think "carrot-enoids." Fruit and vegetables, such as carrots, mangoes and sweet potatoes store beta-carotene, which the body turns into vitamin A.

Ingredients

- 1 tsp canola oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 1 clove garlic, minced
- 3 cups reduced-sodium chicken broth
- 1 pound carrots, (5-6 medium), chopped
- 1 ¾ inch piece ginger, peeled and cut into thin slices
- ¼ - ½ tsp crushed red pepper
- 2 tbsp lime juice
- 1 ½ tbsp reduced-sodium soy sauce
- 1 ½ tbsp smooth natural peanut butter
- 2-3 tsp sugar
- 1 tsp sesame oil
- 1 cup nonfat milk
- ¼ tsp salt
- Freshly ground pepper, to taste
- 1 tbsp chopped scallions, for garnish

Instructions

- Heat canola oil in a large saucepan over medium heat. Add onion, celery and garlic and cook, stirring, until softened, 3 to 5 minutes. Add broth, carrots, ginger and crushed red pepper and bring to a boil. Reduce heat to low and simmer, covered, until the carrots are very tender, 20 to 30 minutes.
- Pour the mixture through a strainer set over a large bowl. Transfer the solids to a food processor or blender and add lime juice, soy sauce, peanut butter, sugar and sesame oil; puree, adding some of the cooking liquid as needed for a smooth consistency. Transfer the puree to the bowl of cooking liquid and stir in milk. Season with salt and pepper. Cover and refrigerate until chilled, at least 1 hour. Garnish each portion with scallions.

Nutrition Bonus: Vitamin A (230% dv)

NUTRITIONAL INFORMATION (PER SERVING)			
CALORIES	112	MONO-UNSATURATED FAT	2 g
PROTEIN	6 g	CHOLESTEROL	3 mg
CARBOHYDRATE	15 g	SODIUM	406 mg
TOTAL FAT	4 g	FIBER	3 g
SATURATED FAT	1 g	MAKES 6 SERVINGS	

RESOURCE: www.EatingWell.com