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Quick Bites — Carrots

Orange vegetables, like sweet potatoes and winter squash, and some dark green ones like broccoli, are rich in beta-carotene, which acts as an antioxidant that can protect our cells from damage that occurs over time with aging.

This warm, spiced soup is just the dish to chase the first winter chill away. A subtle combination of carrots, citrus and fragrant ginger, it can be served as a colorful appetizer or alongside a light sandwich for a leisurely lunch. Beta-carotene from carrots, vitamin C from orange juice and gingerol from ginger – all provide beneficial antioxidant properties.

Carrot Soup with Orange and Ginger

Makes 4 servings. Per serving: 150 calories, 5 g total fat (1 g saturated fat), 23 g carbohydrate, 6 g protein, 4 g dietary fiber, 140 mg sodium.

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 4 cups chopped carrots, peeled, cut into 1/2-inch pieces
- 1 cup chopped yellow onions
- 2 cloves garlic, minced
- 3 cups low-sodium chicken broth (vegetable stock or broth may be substituted)
- 4 large strips orange zest
- 1 tsp. finely minced fresh ginger
- 1/2 cup orange juice
- 1 Tbsp. fresh lemon juice, optional
- Salt and ground black pepper to taste
- 1/4 cup chopped chives (dill may be substituted)

Directions:

1. In large pot, heat oil over medium-high heat and add carrots and onions. Sauté about 7-8 minutes. Add garlic and sauté additional 2 minutes.
2. Add broth and orange zest strips. Cover and bring to a boil. Reduce heat, uncover and simmer until carrots are tender, about 10-12 minutes. Let mixture cool for several minutes. Discard orange zest strips.
3. Working in batches, in food processor or blender purée mixture until velvety smooth. Return soup to pot. Stir in ginger and orange and lemon juices. Season with salt and pepper to taste. Over low heat, let soup simmer for 5 minutes for flavors to mingle. Garnish with chives and serve.



For more information:
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