



Turnip and Potato Soup

6 leeks
3 small potatoes
6 small turnips
1.5 Tablespoons butter
5.5 cups water
3 Tablespoons milk
A few sprigs of thyme
1.5 teaspoons salt
Pepper to taste
Chopped parsley or thyme, for garnish



1. Cut the leeks crosswise and wash. Wash the potatoes and turnips and cut into bit-sized chunks. If the turnip skins are tender, chop without peeling. Otherwise peel them first.
2. Melt butter in a large pot. Add vegetables, stir once, then add ½ cup water and thyme sprigs.
3. Simmer for 5 minutes.
4. Add 5 cups water and salt. Simmer until vegetables are tender, 25-30 minutes.
5. Add milk, and salt and pepper to taste.
6. Garnish with chopped parsley or thyme.

Makes: 4 servings

Nutrition Information:

CALORIES 250 (18% from fat); FAT 5g (sat 3g); CHOLESTEROL 10mg; SODIUM 990mg; CARBOHYDRATE 47g; FIBER 6g; PROTEIN 6g; CALCIUM 15%; IRON 25%



Crimson Chocolate Cake Squares

3 small beets, peeled and grated
1 medium carrot, peeled and grated
1 ounce unsweetened chocolate
3/4 cup flour
¼ cup unsweetened cocoa
1 teaspoon baking soda
1 teaspoon baking powder
1/8 teaspoon salt
2 large eggs
1 cup sugar
1 teaspoon vanilla extract
1/3 cup vegetable oil



1. Preheat oven to 350°F. Grease an 8x8 square pan.
2. Microwave chocolate in a bowl at medium for 1 minute, stir, then microwave for 1 minute again. Stir until smooth.
3. In bowl, whisk flour, cocoa, baking soda, baking powder, salt.
4. In another large bowl, whisk eggs, sugar, vanilla. Beat in oil until well mixed. Whisk in melted chocolate.
5. Stir in flour mixture until blended. Fold in beets and carrots.
6. Pour batter into cake pan. Bake until cake is springy to the touch in the center, about 40 min.
7. Let cool before removing from pan. Cut into 1x1 inch squares.

Makes: 21 servings. Serving size is 3 pieces.

Nutrition Information:

CALORIES 110 (36% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 20mg; SODIUM 170mg; CARBOHYDRATE 15g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 6%