



Sweet Potato Soup

- 1 Tablespoon olive oil
- 2 medium onions, chopped
- 3 garlic cloves, chopped
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika
- 2 1/2 Tablespoons flour
- 6 cups low-fat or skim milk
- 3 corn tortillas, broken into small pieces
- 1 can of corn plus the water in the can (don't drain the can)
- 2 large sweet potatoes, peeled and cut into 1/2 inch cubes
- Salt and pepper to taste
- Squeeze of lime (or lemon) juice
- 2 Tablespoons, chopped cilantro (optional)



1. Saute onions, garlic, cumin, and paprika in oil for about 5 minutes, stirring frequently.
2. Add flour, stir for 30 seconds. Add milk (slowly, stirring), sweet potatoes, tortillas and corn water (just the liquid- save the corn for later!)
3. Simmer over low heat, stirring occasionally, for 20 minutes or until sweet potatoes are tender.
4. Add corn and simmer a few minutes. Add lime juice, and salt and pepper to taste.
5. Sprinkle with cilantro, and serve!

Makes: 6 servings

Nutrition Information:

CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 510mg; CARBOHYDRATE 76g; FIBER 7g; PROTEIN 19g; CALCIUM 60%; IRON 15%



Apples and Celery Bake

- 1 large clove garlic, crushed
- 1 Tablespoon olive oil
- 1 stalk celery, about 1-1/2 lbs
- 2 Golden Delicious apples, cored and quartered
- 1 cup apple juice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 slices toasted Italian bread (optional)



1. Preheat oven to 375F. Place garlic and oil in a medium baking pan; bake until oil is hot, about 5 minutes.
2. Trim base of celery; cut stalk lengthwise into 4 strips, then cut strips into 7 inch pieces. Place celery, apples, apple juice, cinnamon, salt and pepper in baking pan.
3. Bake, uncovered, until celery is crisp-tender, about 40 minutes. Every 10 to 15 minutes, use a spoon to spread some of the juice from the pan over the apples and celery.
4. Discard garlic. Serve immediately, on bread if desired.

Makes: 4 servings



Nutrition Information:

CALORIES 220 (18% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 370mg; CARBOHYDRATE 43g; FIBER 6g; PROTEIN 4g; CALCIUM 8%; IRON 8%