

Chilled carrot and ginger soup

Recipe created by: Angelica Pozzoli, Dietetic Intern

INGREDIENTS

- 3/4 Tbsp unsalted butter
- 2 tsp extra virgin olive oil
- 1 medium onion, finely chopped
- 1 Tbsp freshly grated, peeled ginger
- 10-12 medium carrots, cut into 1-inch pieces
- 3 cups reduced-sodium chicken or vegetable stock
- 1/4 cup lime juice
- Salt and pepper to taste
- Cilantro sprigs

DIRECTIONS

1. Melt the butter with the oil in a deep saucepan over medium-low heat.
2. Cook onion, ginger and carrot, stirring, for 10 minutes.
3. Add stock and 3 cups water. Bring to a boil over medium-high heat, then reduce heat to medium and simmer for 10 minutes or until carrot softens.
4. Cool slightly, then puree in a blender until smooth.
5. Refrigerate until chilled.
6. To serve, stir in lime juice, sprinkle with freshly ground black pepper and garnish with cilantro sprigs.



FUN FACT

Carrots were not originally orange. It wasn't until the 1600s that some Dutch horticulturists began breeding orange carrots -- legend has it, out of national pride.



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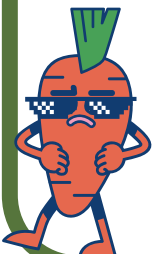
Keep calm and carrot on!

NUTRITION FACTS

- Carrots, like other root vegetables, serve as the energy and water storage for the rest of the plant. Therefore, they have a high sugar and water content.
- They are also a relatively good source of fiber -- which is key to healthy digestion, blood sugar, and cholesterol.

Did you know?

- Carrots get their bright orange color from beta carotene, an antioxidant that your body converts into vitamin A.
 - This nutrient promotes good vision and is important for growth, development, and immune function.
 - The absorption of beta carotene is up to 6.5x better if the carrots are cooked.



SHOPPING & PREPARATION TIPS

- Carrots are found in many colors, including yellow, white, orange, red, and purple.
- You can eat carrots raw, cooked or even as a juice.
 - Carrots can be roasted, boiled, steamed, grilled or used to make cakes or breads.
- Carrots can be peeled or cut ahead of serving and kept in the refrigerator for a week in a container with fresh water in it.
- Carrot greens can be trimmed off, placed in a plastic bag with holes in it, and stored in a drawer within the refrigerator. They will last for several weeks.
 - They can be eaten raw or cooked and taste like a cross between carrots and parsley.

