

## 5 A Day Recipes

### Soups and Salads

#### Carrot and Orange Soup

##### Serves 4

Provides 3 vegetable and ½ fruit servings per person

Orange fruits and vegetables are full of beta-carotene, the powerful antioxidant that boosts your immune system. Often, these vegetables are also rich in Vitamin C, potassium, and folate, a vitamin that may help prevent birth defects. Try this Carrot and Orange Soup—a delicious combination of orange-colored foods. Start with 2 cups of onions, sautéed in a bit of oil until very soft. Add 4 cups chopped carrots and 4 cups low-sodium chicken or vegetable broth and cook until tender. Purée in a blender, then add 1 cup of orange juice, orange zest, salt, and pepper. Heat and serve.

- 1 tablespoon butter or butter-flavored margarine
- 2 cups chopped onions
- 4 cups peeled and chopped carrots
- 4 cups low-sodium chicken broth
- 1 cup orange juice
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon grated orange zest (orange part of the peel)

1. Melt the butter, add the onions, cover, and cook over very low heat, stirring often, until very soft, about 25 minutes. Add the carrots and broth and bring to a boil. Reduce the heat and simmer 30 minutes or until very tender.

2. Purée in batches in a blender. Be very careful to cover the blender with a towel to prevent the hot liquid from overflowing the top. Return to the pan, add the orange juice, salt, pepper, and orange zest, then reheat.

3. Serve immediately.

##### Nutritional Analysis per serving:

156 calories  
4 g fat  
22% calories from fat  
1 g saturated fat  
6% calories from saturated fat  
27 g carbohydrates  
283 mg sodium  
6 g dietary fiber