

5 A Day Recipes

12 Soups to Get You Through the Winter

Gold Medal Curry Soup

Serves 4

Picture

During the Winter Olympics or throughout the cool months, this delicious and healthful curried cauliflower soup provides each person with more than one serving of vegetables. It is easy and inexpensive but is company-worthy with the right garnish. One option is an ultra-fresh cilantro puree, with lemon juice and olive oil, drizzled over the soup artfully. Alternatively, you could garnish with some Middle Eastern-inspired fruit - slivered dried apricots and fresh pomegranate seeds.

- 1 small white or yellow onion, chopped
- 1½ teaspoons curry powder

- 1 pound frozen or fresh cauliflower florets
- ½ cups water

- 1 cup non-fat plain yogurt
- 1 14-ounce can vegetable broth
- ¾ teaspoon black pepper
- ½ teaspoon salt

Cilantro puree:

- 1/3 cup tightly packed cilantro leaves and stems
- Juice of one lemon
- 1 teaspoon extra-virgin olive oil
- OR garnish soup instead with ¼ cup slivered dried apricots and fresh pomegranate seeds

Spray bottom and sides of a medium pot with vegetable cooking spray. Place onion and curry powder in pot and cover. Sweat on low heat for 6-7 minutes, softening onion and releasing curry powder's aroma. Add cauliflower and water, and cook on medium heat until cauliflower is done, about 10-12 minutes for frozen or less time for fresh. Transfer pot contents to a blender and puree until very smooth.

Place yogurt in the pot and slowly whisk in vegetable broth until a smooth emulsion forms. Slowly whisk in cauliflower puree and black pepper, blending well. Heat on low until warm enough to serve, but do not bring to a boil, as yogurt may then separate.

To make cilantro puree, blend all ingredients until smooth in a blender or small food processor.

Divide soup among four bowls and drizzle with cilantro puree. Or, instead of cilantro puree, place dried apricots and fresh pomegranate seeds on the bottom of each bowl, and pour the soup over them. Serve.

Nutritional Analysis Per Serving:

90 calories
 14 grams carbohydrate
 6 grams protein
 2 grams fat
 0.4 gram saturated fat
 1 milligram cholesterol
 452 milligrams sodium
 2 grams fiber
 19% calories from fat
 4% calories from saturated fat
 2 "5 A Day" servings per person