

# Roasted Carrot and Beet Soup

Elsa Ramirez Brisson, M.P.H., R.D.

*Although it is an unconventional California-born combination, beets and carrots unite to produce a flavor that is exceptionally interesting and comforting. There's just enough "kick" from the onion and black pepper, but if you want more, add a few dashes of cayenne.*

Serves: 8 as an appetizer or 4 as a main course

Hands-on time: 15 minutes

Cooking time: 1 hour, 15 minutes

- vegetable oil cooking spray
- 5 large carrots, peeled and sliced (3 cups)
- 2 celery ribs, thinly sliced (1½ cups)
- 1 large onion, quartered (2 cups)
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon nutmeg
- ¼ teaspoon black pepper
- 1 15-ounce can beets, rinsed and drained
- 3 14-ounce cans reduced-sodium chicken broth
- ¼ cup reduced-fat sour cream for garnish
- snipped fresh chives for garnish

Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with the cooking spray. Combine the carrots, celery, and onion in the dish. Drizzle with the olive oil and sprinkle with the sugar, cinnamon, ginger, nutmeg, and pepper. Toss. Cover the dish tightly with aluminum foil and bake for 1 hour, or until the carrots and the celery are fork tender.

In a food processor or blender, purée the roasted vegetables and beets with the broth in batches until smooth. Combine the batches in a heavy 2-quart kettle. Heat on medium-low until warmed through. Garnish with the sour cream and chives.

## NUTRITION PER SERVING

Serving size	2 cups, main course
Calories	220 kcal
Fat	8 g
Saturated fat	2 g
Cholesterol	10 mg
Sodium	440 mg
Carbohydrates	32 g
Dietary fiber	6 g
Protein	8 g

## SUBSTITUTION

Substitute 1 pound of fresh beets for canned. Peel and chop; roast with other vegetables before puréeing.

Recipe provided courtesy of John Wiley & Sons. From *American Dietetic Association Cooking Healthy Across America* by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA. © 2005, John Wiley & Sons.

# Phoenix Quiche

Barbara J. Pyper, M.S., R.D., C.D., F.H.C.F.A., F.C.S.I.

*This recipe is from the southwest corner of the country—Yuma, Arizona—and has been a family favorite for years. The blend of Monterey Jack cheese, green chilis, and roasted red bell pepper bursts with southwestern flavor.*

Serves: 6

Hands-on time: 15 minutes

Cooking time: 50 minutes

- 1½ cups shredded Monterey Jack cheese, divided (6 ounces)
- 1 cup shredded reduced-fat Cheddar cheese (4 ounces)
- 1 single 9-inch pie crust (purchased or homemade), unbaked
- 1 can (4 ounces) diced green chilis, drained
- 1 medium-size red bell pepper, roasted, or use half a jar (7 ounces) of roasted red bell pepper, drained and chopped
- 1 medium-size yellow bell pepper, finely chopped
- ¾ cup liquid egg substitute
- 1 cup (8 ounces) nonfat milk
- ¼ teaspoon ground cumin

Preheat oven to 350°F. Sprinkle ¾ cup of the Monterey Jack cheese and all of the cheddar cheese evenly in the pie shell. Top with the chilis and peppers. Combine the egg substitute, milk, and cumin in a small bowl. Pour over the peppers and cheese. Top evenly with the remaining cheese.

Bake for 50 minutes or until a knife inserted in the middle comes out clean.

## NUTRITION PER SERVING

Serving size	1/6 of pie
Calories	300 kcal
Fat	20 g
Saturated fat	7 g
Cholesterol	30 mg
Sodium	700 mg
Carbohydrates	15 g
Dietary fiber	Less than 1 g
Protein	18 g

## COOK'S TIP

To make it spicier, add ¼ to 1 teaspoon cayenne when you add the cumin.

## COOK'S TIP

Freeze any remaining slices, individually wrapped in foil and then placed together, in a large tightly sealed bag. Remove from the foil and heat in a microwave for 5 minutes if thawed; if not thawed,

heat 10 minutes on 50 percent power followed by 2 to 3 minutes on full power, or until heated through.

**COOK'S TIP**

Roast the pepper under a broiler, turning until evenly charred, about 5 minutes. Place in a small bowl and cover tightly with plastic wrap; let it stand for 10 minutes. Peel, seed, and chop.

Recipe provided courtesy of John Wiley & Sons. From *American Dietetic Association Cooking Healthy Across America* by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA. © 2005, John Wiley & Sons.