



Pumpkin Soup

(Adapted from the American Institute for Cancer Research)

Pumpkin is full of nutrients and is a great addition to your holiday table. For convenience, this recipe calls for canned pumpkin. However, if it is available, fresh pumpkin can also be used.

Ingredients:

2 tsp. olive oil
½ cup chopped onion
2 celery stalks, chopped
2 garlic cloves, minced
1 tsp. peeled, minced fresh ginger
2 tsp. sugar
¼ tsp. ground nutmeg
Pinch of cinnamon
Salt and freshly ground black pepper, to taste
1 can (14.5 oz.) pumpkin
1 potato, peeled and cut into 1-inch cubes
4 cups vegetable or fat-free, reduced sodium chicken broth
¼ cup nonfat sour cream
2 green onions, chopped

Instructions:

In large stock pot, heat oil over medium-high heat. Add onion, celery, garlic, ginger and sugar and cook 4 minutes, until tender.

Add nutmeg and cinnamon. Season with salt and pepper to taste, and stir to coat. Add pumpkin, potato and broth. Bring to a boil.

Reduce heat to medium-low, partially cover and simmer 20 minutes, until pumpkin and potato are tender.

Ladle soup into bowls and top each serving with sour cream and green onions.

Nutritional Information: (Makes 6 servings)

Per serving:

89 calories
2 grams total fat (<1 g saturated fat)
16 grams carbohydrates
4 grams protein
2 grams dietary fiber
409 mg sodium