

## Fall 2001 Recipes

### Soups and Stews

#### Kale and Apple Soup

*Dark, green leafy vegetables, like kale, are warriors in the fight against cancer.*

Serves 4

Provides 1 1/2 fruit and vegetable servings per person

- 2 cups low-sodium vegetable broth
- 1 pound kale, carefully washed and stems removed (4 cups)
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1 teaspoon brown sugar
- 1 small Granny Smith apple, cored and chopped (1 cup)
- 1/2 cup low-fat plain yogurt

1. Wash the kale thoroughly and trim off the tough stalks. Cut leaves in half. Bring the broth to a boil in a large saucepan. Add the kale, cover, and simmer 8 minutes. Stir the cooked kale with a little of the liquid until smooth. Return to the pan with the rest of the liquid.

2. Season with the salt and brown sugar. Stir in the chopped apple and simmer another 8 minutes. Remove from the heat.

3. Stir in the yogurt and cumin. Serve.

#### Nutritional Analysis

Per Serving:

108 calories

2 g fat

14% calories from fat

0 g saturated fat

0% calories from saturated fat

20 g carbohydrates

448 mg sodium

3 g dietary fiber