Sweet Potato Soup

1 Tablespoon olive oil
2 medium onions, chopped
3 garlic cloves, chopped
1/2 teaspoon ground cumin
1 teaspoon paprika
2 1/2 Tablespoons flour
6 cups low-fat or skim milk
3 corn tortillas, broken into small pieces
1 can of corn plus the water in the can (don’t drain the can)
2 large sweet potatoes, peeled and cut into 1/2 inch cubes
Salt and pepper to taste
Squeeze of lime (or lemon) juice
2 Tablespoons, chopped cilantro (optional)

1. Saute onions, garlic, cumin, and paprika in oil for about 5 minutes, stirring frequently.
2. Add flour, stir for 30 seconds. Add milk (slowly, stirring), sweet potatoes, tortillas and corn water (just the liquid- save the corn for later!)
3. Simmer over low heat, stirring occasionally, for 20 minutes or until sweet potatoes are tender.
4. Add corn and simmer a few minutes. Add lime juice, and salt and pepper to taste.
5. Sprinkle with cilantro, and serve!

Makes: 6 servings

Nutrition Information:
CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 510mg; CARBOHYDRATE 76g; FIBER 7g; PROTEIN 19g; CALCIUM 60%; IRON 15%

Apples and Celery Bake

1 large clove garlic, crushed
1 Tablespoon olive oil
1 stalk celery, about 1-1/2 lbs
2 Golden Delicious apples, cored and quartered
1 cup apple juice
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground black pepper
4 slices toasted Italian bread (optional)

1. Preheat oven to 375F. Place garlic and oil in a medium baking pan; bake until oil is hot, about 5 minutes.
2. Trim base of celery; cut stalk lengthwise into 4 strips, then cut strips into 7 inch pieces. Place celery, apples, apple juice, cinnamon, salt and pepper in baking pan.
3. Bake, uncovered, until celery is crisp-tender, about 40 minutes. Every 10 to 15 minutes, use a spoon to spread some of the juice from the pan over the apples and celery.
4. Discard garlic. Serve immediately, on bread if desired.

Makes: 4 servings

Nutrition Information:
CALORIES 220 (18% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 370mg; CARBOHYDRATE 43g; FIBER 6g; PROTEIN 4g; CALCIUM 8%; IRON 8%