

Gingery Carrot Soup

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

2 tablespoons olive oil

1 large onion, chopped

Kosher salt

pepper

1 pound carrots, thinly sliced

1 (1-inch piece) fresh ginger, thinly sliced

2 pitas, split horizontally

1 teaspoon curry powder

1/4 cup lowfat plain Greek yogurt or sour cream

Preheat the oven to 425 degrees.

Heat one tablespoon of the oil in large saucepan over medium-high heat.

Add the onion, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring, until beginning to soften, about 3 to 4 minutes.

Add the carrots, ginger and four cups of water. Bring to a boil.

Reduce the heat and simmer until the vegetables are tender, about 15 to 20 minutes.

Using a handheld immersion blender (or a standard blender), puree the vegetable mixture.

Meanwhile, brush the cut sides of the pitas with the remaining teaspoon of oil and sprinkle with the curry and 1/8 teaspoon of salt. Cut each pita into wedges and place, seasoned side up, on a rimmed baking sheet. Bake until golden brown and crisp, about 8 to 10 minutes.

Ladle the soup into bowls, top with the yogurt and sprinkle with pepper, if desired.

Serve with the pita chips.

Per Serving (excluding unknown items): 202 Calories; 7g Fat (32.5% calories from fat); 4g Protein; 31g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 198mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Vegetable; 1 1/2 Fat.