

January 2007 Recipe of the Month: *Sweet Potato, Corn and Kale Chowder*

- 1 tablespoon canola oil
- 2 medium carrots, chopped
- 1 medium red onion, chopped
- 1 stalk celery, chopped
- 1 large red pepper; seeded and chopped
- 1 large sweet potato, peeled and chopped
- 1 sprig fresh thyme, minced
- ¾ teaspoon turmeric
- 1 medium tomato, chopped
- 5 cups cold water or vegetable stock (low sodium)
- 1 cup fresh or frozen corn kernels
- 3 cups chopped kale leaves, heavy stems removed and washed
- salt and freshly ground white pepper to taste
- Cayenne pepper to taste
- 1 tablespoon cornstarch
- ½ cup chopped parsley
- ½ cup cashew pieces (optional) (used during taste testing)

In a large pot, heat the canola oil over medium-high heat. Sauté the carrots, onion, celery, pepper and sweet potato for 3 minutes. Add the thyme and turmeric; combine well with the vegetables. Add the tomato and cold water and simmer for 20 minutes. Add the corn, kale, salt and white pepper and simmer for 5 minutes. Season with the cayenne pepper.

Combine the cornstarch with 2 teaspoons cold water (but see cashew option below). With the soup simmering, stir in the cornstarch mixture, continue to stir, and simmer for 3 minutes. Remove from the heat and stir in the parsley.

If using cashews, use a blender or food processor to blend the cashews, cornstarch and ¾ cup of soup broth. Return this mixture to the simmering soup and continue to simmer soup, stirring often for 3 minutes.

Nutritional information per 1-cup serving: Calories 70; carbohydrates 13g; Total fat 2g; Saturated fat 0g; Cholesterol 0mg; Sodium 60mg.

This recipe was taken from the *Whole Foods Market Cookbook*.

We hope you enjoy this interesting combination for soup. The ingredients are high in antioxidants and the soup has a hint of spice to warm you up this winter! Cashews added a rich flavor that is definitely recommended!

Your Partners in Health,
Candace and Laura