



Warm-up Time

Creamy Spinach and Leek Soup

adds a dash of springtime color. For a special hors d'oeuvre try serving it in demitasse cups.

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SOUPS AND STEWS

can approach a kind of culinary perfection: Some offer a full meal in one steaming hot bowl; others capture the distilled essence of the best of nature's bounty. They also keep your insides toasty as the thermometer drops. What's more, thick, creamy soups and hearty, chunky stews don't have to mean a pot full of fat and calories. By Robyn Webb, MS, LN

STYLING BY SUZANNE SPRINGER/STYLING BY BEYOND FERRISSIAN

RECIPES

Creamy Spinach and Leek Soup



6 SERVINGS

Serving size: 1 cup

Preparation time: 40 minutes

Cooking time: 1 hour

- 1 (4-oz.) Russet, Red Bliss, or Yukon gold potato, peeled and cubed
- 1 Tbsp. olive oil
- 1½ lb. leeks (white and pale green parts only, discard the top), thinly sliced (approx. 3 cups)

- ¼ cup dry white wine
- 3 cups low-fat, reduced-sodium chicken broth
- 12 oz. fresh spinach, stemmed
- ⅓ cup minced parsley
- Pinch nutmeg
- Salt and pepper to taste
- ⅔ cup fat-free half-and-half

1. Place the potato with water to cover in a medium saucepan. Cook the potato over medium heat until a fork pierces easily, about 30 minutes. Drain. Mash the potato with a potato masher until smooth (no need to add milk or butter) or put through a food mill or ricer. Set the potato aside.
2. Heat the olive oil in a large stockpot over medium heat. Add the leeks and sauté for 10 minutes. Add the wine, and simmer until the wine is absorbed.
3. Add the broth and bring to a boil. Lower the heat and simmer for 10 minutes. Add in the spinach and parsley

and simmer for 10 more minutes. Add in nutmeg, salt, and pepper.

4. Puree the soup in batches and return to the stockpot. Add in the mashed potato. Add in the half-and-half, and taste and correct the seasonings.

Nutrition Facts

Serving size: 1 cup
Vegetable exchanges: 3
Fat exchanges: 0.5

Amount Per Serving

Calories: 100
Calories From Fat: 25
Total Fat: 3 grams
Saturated Fat: 0.6 grams
Cholesterol: 0 milligrams
Sodium: 335 milligrams
(without added salt)
Total Carbohydrate: 14 grams
Dietary Fiber: 2 grams
Sugars: 4 grams
Protein: 4 grams

QUICK TIPS: The Scoop on Soup

BROTH BRIEFING

While freshly made is always wonderful, canned broth can usually be substituted with success. To maximize the flavor of canned broth, warm the broth with a few slices of carrot and celery, a few peppercorns, and a small bunch of parsley. Let simmer for 20 minutes and strain.

HOLD THE SALT

When spicing up the pot, start off with a very light hand with the salt. The soup's flavors will intensify and magnify over time, and you may not need much salt by the time the soup is finished.

START WITH A SAUTÉ

To create an aromatic foundation to your soup (as in the Italian Sausage and White Bean Stew), briefly cook a mixture of vegetables over high heat in a small amount of oil. By sautéing the vegetables first, long-lasting flavors and a subtle sweetness will be produced. Chopped celery, onion, garlic, and bell peppers are a common quartet of vegetables that release great flavor.

SLOW IT DOWN

Although the recipes here are easy, soup needs time to develop its flavors. Simmer soups slowly to develop their rich taste.

All Forecast recipes do not necessarily fit into every individualized diabetes food plan. Your own food plan, as well as advice from your physician or registered dietitian, should always supersede a recipe from this or any other publication.



Pureeing these classic
winter vegetables makes
**Vegetarian Butternut
Squash and Parsnip Soup**
velvety smooth.
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Thick and rich,
Italian Sausage and White Bean Stew
spices up dark winter nights.

RECIPE: PAGE 26

RECIPES

Vegetarian Butternut Squash and Parsnip Soup



7 SERVINGS

Serving size: 1 cup

Preparation time: 25 min.
(plus 20 min. for cooling)

Cooking time: 45 min. for roasting,
10 min. for onion/garlic, 30 min. for
final preparation (including blending)

- 1 Tbsp. olive oil, divided
- 1 (2-lb.) butternut squash, unpeeled, halved lengthwise, seeded, and cut into 6 pieces
- 1 lb. parsnips, peeled and cut crosswise into 2-inch chunks
- 3 sprigs fresh thyme
- ¼ cup water
- 1 medium Vidalia or other sweet onion, thinly sliced
- 2 garlic cloves, minced
- 4 cups reduced-sodium vegetable broth
- 1 cup plain soy milk (or substitute 1% milk)
- Salt and pepper to taste

Garnish

- ½ cup minced parsley

1. Preheat the oven to 400°F. In the bottom of a large roasting pan, drizzle half of the olive oil. Set the squash (skin-side up) and parsnip pieces over the oil and top with the thyme sprigs. Add the water.
2. Roast uncovered for about 45 minutes until squash and parsnips are tender.
3. Meanwhile, heat the remaining oil in a skillet. Add the onions and sauté for 4 minutes. Add the garlic and sauté for 2 minutes.

4. Remove pan from the oven. Let cool for about 15 to 20 minutes.
5. Scrape the squash pulp into a food processor or blender. Discard the skin. Discard the thyme sprigs. Add the parsnips and the sautéed onion and garlic mixture to the food processor. Puree the mixture until smooth. You may need to use ½ cup vegetable broth to process.
6. In a large heavy saucepan, heat the broth. Add the squash mixture and bring to a simmer. Simmer for 10 minutes. Whisk in the soy milk and season with salt and pepper. Garnish with parsley.

Nutrition Facts

Serving size: 1 cup
Starch exchanges: 1.5
Vegetable exchanges: 1

Amount Per Serving

Calories: 135
Calories From Fat: 25
Total Fat: 3 grams
Saturated Fat: 0.3 grams
Cholesterol: 0 milligrams
Sodium: 235 milligrams
(without added salt)
Total Carbohydrate: 26 grams
Dietary Fiber: 4 grams
Sugars: 5 grams
Protein: 3 grams

Italian Sausage and White Bean Stew



4 SERVINGS

Serving size: about 1 cup
Preparation time: 20 minutes
Cooking time: 30 minutes

- 1 tsp. olive oil
- 1 garlic clove, minced
- ½ cup diced green pepper
- ½ cup diced onion
- ½ cup diced celery
- 1 lb. low-fat Italian turkey sausage, cooked, casing removed, and sliced
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried basil
- 1 (15.5-oz.) can cannellini beans (or other white beans), drained
- 1 (14-oz.) can diced Italian-style tomatoes in their juice

1. Heat the oil in a large nonstick skillet over medium-high heat. Add the garlic, green pepper, onion, and celery, and sauté for 3 minutes. Add in the sausage and cook for about 5 to 6 minutes until browned.
2. Add in the oregano, basil, thyme, tomatoes with their juice, and beans. Bring to a boil. Lower the heat and simmer, uncovered, for 10 minutes.

Nutrition Facts

Serving size: 1 cup
Starch exchanges: 1.5
Vegetable exchanges: 1
Lean meat exchanges: 2
Fat exchanges: 1

Amount Per Serving

Calories: 280
Calories From Fat: 90
Total Fat: 10 grams
Saturated Fat: 2.5 grams
Cholesterol: 55 milligrams
Sodium: 735 milligrams*
Total Carbohydrate: 27 grams
Dietary Fiber: 7 grams
Sugars: 5 grams
Protein: 1 gram

*The sodium level in this recipe is higher than U.S. Food and Drug Administration guidelines for "healthy" for a serving.