

ROASTED *Carrot Soup*

ACTIVE TIME 35 minutes

TOTAL TIME 1 hour

MAKES 8 appetizer servings

- 3 lbs. carrots, cut into 1-in. chunks
- 1 Tbsp. olive oil
- 1/8 tsp. cayenne (ground red) pepper
- 2 Tbsp. trans-fat free margarine or butter
- 2 med. shallots, chopped
- 3 cloves garlic, chopped
- 2 tsp. fresh thyme leaves
- 4 c. chicken or vegetable broth
- 3 c. carrot juice
- 1 piece (1 in.) peeled fresh ginger, thinly sliced
- 1/4 c. plain nonfat Greek yogurt, for garnish
- Chives, for garnish

1. Preheat oven to 475°F. On lg. jelly-roll pan, toss carrots with oil, cayenne, and 1/4 tsp. salt. Spread in single layer; roast 30 to 35 min. or until carrots are caramelized, stirring once halfway through.

2. Meanwhile, in 5-qt. saucepot, melt margarine on med. Add shallots, garlic, thyme, and 1/4 tsp. salt. Cook 3 min. or until shallots are golden, stirring. Add carrots, broth, juice, ginger, and 1/2 tsp. salt. Cover; heat to simmering on med.-high. Reduce heat to maintain simmer; cook, partially covered, 10 min. or until tender.

3. With blender, puree mixture until smooth. Soup can be made and refrigerated up to 1 day ahead. Reheat on med. To serve, top with yogurt and chives.

EACH SERVING 😊 About 150 calories, 3 g protein, 25 g carbohydrate, 5 g total fat (2 g saturated), 5 g fiber, 10 mg cholesterol, 960 mg sodium.

