

Family Features  
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All materials courtesy of Louisiana Sweet Potato Commission

517 words

**Title:** Simple, Soothing and Satisfying Soup



Soup is a super meal choice — there’s nothing more soothing than a bowl of soup. A bowl of piping hot Sweet Potato and Apple Soup might be the recipe for better health according to Holly Clegg’s book “Eating Well Through Cancer: Easy Recipes & Recommendations During & After Treatment.” In the book, which Clegg co-authored with an oncologist, you’ll find easy and nutritious recipes to ease the symptoms during treatment.

Like this soup recipe, all the recipes in Clegg’s book are easy to prepare and provide necessary nutrition during the various phases and types of cancer treatment. The book offers recipes to help cancer patients better tolerate symptoms of treatment and maintain a healthy lifestyle after treatment. Many of the recipes feature ingredients that provide fuel and energy for the body. The healthful recipes are customized to address cancer patients’ issues, but they’re also a smart, nutritious choice for anyone.

Sweet Potato and Apple Soup, a subtle sweet-savory choice, might be considered one of those “super” soups because of all the great health benefits. By including Louisiana yams, the soup is packed with fiber, beta-carotene and nutrients, making it as nutritious as it is delicious.

Available year-round, the sweet potato (Louisiana yam) is extremely versatile. Apples blend well with sweet potatoes and a touch of ginger and curry create an amazing flavor combination. This pantry-friendly soup works well with leftover baked sweet potatoes or canned yams.

For more information about Louisiana sweet potatoes plus free recipes and nutritional information, visit [www.sweetpotato.org](http://www.sweetpotato.org) or write the Louisiana Sweet Potato Commission, P.O. Box 2550, Baton Rouge, LA 70821-2550.

### **Sweet Potato and Apple Soup**

Sweet potatoes and apples blend with a bite of ginger and curry in a celebration of flavors in this distinctive and remarkable soup. The finale of toasted walnuts makes this simple soup sensational. Make ahead and refrigerate. To reheat, add more milk if soup is too thick.

Makes: 5 cups

1/2 cup chopped onions  
4 cups peeled, chopped sweet potatoes (yams) or (4) 15 oz. cans sweet potatoes, drained and mashed  
2 cups peeled, cored and chopped baking apples  
2 cups low-sodium fat-free chicken broth  
1/2 teaspoon ground ginger  
1/2 teaspoon ground curry  
1 tablespoon honey  
1 cup skim milk  
1/3 cup chopped walnuts, toasted

In a nonstick pot coated with nonstick cooking spray, sauté onions until tender. Add sweet potatoes, apples, broth, ginger, curry and honey. Bring mixture to a boil; reduce the heat, cover and simmer until potatoes are tender, approximately 25 minutes. Transfer to food processor and puree until smooth. Return to saucepan; stir in milk until blended. Sprinkle with toasted walnuts when serving.

Nutrients per serving: 233 calories, 6g protein, 41g carbohydrates, 6g fat, 22% calories from fat, 1g saturated fat, 5g dietary fiber, 1 mg cholesterol, 288 mg sodium  
Diabetic Exchanges: 2 starch, 0.5 fruit, 1 fat

### **PHOTO CAPTIONS:**

Main photo: Sweet Potato and Apple Soup, photo courtesy of David Humphreys

Secondary photo: Holly Clegg, author of the “Trim & Terrific” cookbook series