



Roasted Rutabaga Chowder

Serves 6 (1 cup per serving)

Ingredients:

- 1 cup diced peeled rutabaga
- 1 cup diced peeled carrots
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1½ Tbsp. olive oil
- ½ yellow onion, diced
- 1 clove garlic, minced
- 3 stalks celery, diced
- 1 (14.5 oz.) can diced tomatoes, drained
- 4 cups low-sodium chicken stock
- 1 cup diced potatoes
- ½ tsp. cumin

Directions:

Preheat oven to 350 degrees. Spray sheet pan with non-stick cooking spray. Toss rutabagas and carrots with salt, pepper and ½ tablespoon of olive oil; spread out on a sheet pan. Roast vegetables for 30 minutes, or until lightly browned. In stock pot, sauté onions, garlic and celery in 1 tablespoon of olive oil until vegetables soften; add diced tomato and chicken stock. Add potatoes, cumin and roasted vegetables and simmer till vegetables are tender. Carefully remove ½ of the vegetables and puree smooth, add back to soup and season to taste.

Per serving: 100 calories, 3.5 g fat, 3 g protein, 14 g carbohydrate, 3 g fiber, 430 mg sodium