

Staying in the Game with 5 A Day

(NAPSA)—This is the season for achieving. And the National Cancer Institute (NCI) recommends one simple, healthy goal that we can all achieve: eat five or more servings of fruits and vegetables every day for better health. NCI provides helpful tips and delicious recipes for everyday Olympians at www.5aday.gov (or call 1-800-4CANCER).



One recipe, for example, is a delicious and healthful curried cauliflower soup that provides each person with two servings of vegetables. It's easy, inexpensive, and great for company with the right garnish, such as dried apricots or pomegranate seeds.

Gold Medal Curry Soup (Serves 4)

Cook up 1 small chopped onion, 1½ teaspoons curry powder, and 1 pound cauliflower florets until soft. Transfer to a blender and puree until very smooth. Place 1 cup non-fat plain yogurt in the pot and slowly whisk in 1 14-ounce can of vegetable broth. Stir in cauliflower puree and ¾ teaspoon black pepper. Heat on low until warm enough to serve, but do not bring to a boil. Divide soup among four bowls and garnish with ¼ cup of dried apricots and pomegranate seeds. Serve.

Nutrition Analysis Per Serving: 90 calories, 14g carbohydrate, 6g protein, 2g fat, 0.4g saturated fat, 1mg cholesterol, 452mg sodium, 2g fiber, 19% calories from fat, 4% calories from saturated fat