



Issue # 518

August 19, 2014

Cancer-Fighting Fruit

This cool blended soup of melon, apples, grapes and strawberries captures the fresh flavors of summer and packs a variety of cancer-protective compounds. Cantaloupe is packed with the phytochemical beta-carotene, which gives the melon its distinct orange hue. Apples are full of quercetin and grapes pack resveratrol. Research has shown that a diet with a variety of fruits is linked to reduced risk of cancers of the lung, esophagus, mouth, pharynx, larynx and stomach. Serve as a light dessert or an elegant brunch. Leftovers make a great breakfast smoothie or base for sorbet.

Chilled Fruit Soup with Berries

2½ cups diced ripe cantaloupe, about 1/2 melon
2 Braeburn or Gala apples, peeled, cored and diced
1 cup green grapes
1/2 lb. strawberries, halved, or 1/2 of 10 oz. package frozen strawberries
1/4 cup sugar
2 Tbsp. fresh lemon juice
1 cup fresh blueberries, for garnish
1 cup fresh raspberries, for garnish
12 mint leaves, cut crosswise into thin strips for garnish

In large saucepan, combine melon, apples, grapes, strawberries, sugar and lemon juice. Add 3 cups water. Bring to boil over medium-high heat. Cover, reduce heat and simmer until fruit is very soft, 12-15 minutes. Uncover and set aside to cool for 15 minutes.

Transfer contents of pot to blender. Wrap dishtowel around top of blender. Firmly pressing down blender lid, whirl soup until smooth. It will look creamy. Doing this in 2 batches may be necessary.

Pour soup into 1 large or 2 medium jars and let sit at room temperature until lukewarm. Refrigerate soup until well chilled, 6 hours to overnight. Just before serving, shake jar vigorously.

Divide soup among 6 wide, shallow bowls. For garnish, divide blueberries, raspberries and mint among the bowls. Serve immediately.

Makes 6 servings.

Per serving: 140 calories, 0.5 g total fat (0 g saturated fat), 36 g carbohydrate, 2 g protein, 5 g dietary fiber, 15 mg sodium.