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### Go Green for Good Health

If you celebrated Earth Day yesterday, you may have planted a tree or vowed to recycle more. But did you know that the same things that are good for the planet are also good for your health? A plant-based food system requires less energy, land, and water resources than a typical meat-based system. Plus eating a variety of plant foods can help lower your risk for cancer and other chronic diseases. This recipe has ten different veggies to really add some green!

### Ten Vegetable Soup

2 Tbsp. extra virgin olive oil  
3 cups chopped green cabbage, quartered and cut crosswise into 1/2-inch strips  
1 cup cauliflower florets, 1-inch pieces  
1 medium leek, sliced, use white and 1-inch of light green part  
1 small onion, chopped  
1 medium carrot, chopped  
1 medium celery stalk, chopped  
1 (14.5-oz.) can no salt added diced tomatoes  
4 cups low-fat, reduced-sodium chicken or vegetable broth  
1 medium yellow-fleshed potato, diced  
1/4 cup chopped flat-leaf parsley  
1 Tbsp. dried thyme  
1 1/2 packed cups Swiss chard or spinach, cut crosswise into 1/2-inch strips  
Salt and freshly ground pepper, to taste  
Pinch of red pepper flakes or cayenne, optional  
Grated Parmesan cheese, optional

In large Dutch oven or heavy soup pot with tight-fitting cover, heat oil over medium-high heat. Add cabbage, cauliflower, leek, onion, carrot and celery and stir to coat them with oil. Cook until cabbage is limp and onion translucent, 4-5 minutes, stirring occasionally. Cover, reduce heat to medium-low and cook gently until vegetables release their juices, about 8 minutes.

Add tomatoes with their liquid, broth, potato, parsley and thyme. Increase heat to medium-high until liquid boils, then cover, reduce heat, and simmer soup for 10 minutes. Add Swiss chard and simmer for 10 minutes. Season soup to taste with salt and pepper; let sit for 15 minutes before serving. If desired refrigerate for up to 4 days, reheating in covered pot over medium heat. Or divide cooled soup among resealable freezer bags and freeze. This soup keeps in freezer for up to 2 months.

**Makes 10 servings. Per serving: 1 cup**

**Per serving:** 70 calories, 3 g fat (<1 g sat fat), 9 g carbohydrates, 3 g protein, 2 g fiber, 253 mg sodium.