

Curry Apple & Zucchini soup

From 'Smart Cooking' book by Anne Lindsay

Makes 8 servings about 1 cup (175m) each. This is not a main course soup as it has little protein. This is a good low GL first course appetizer soup.

- 2 tbsp olive oil
- 2 apples peeled, cored and diced
- 1-3 tsp of curry powder or 2 tbsp of medium curry paste
- 4 cups of chicken bouillon
- 3 cups of shredded zucchini
- 1/2 tsp salt (optional)
- 1/4 cup of cooked quinoa (This recipe called for cooked rice, I like the quinoa better.)
- 1/2 cup low fat milk

1. In a saucepan, heat oil over medium heat & sauté apples, onions for 5 minutes or until soften.
2. Add curry: cook stirring, for a few seconds.
3. Pour in chicken stock & bring to a boil.
4. Add zucchini and cook until soup is slightly thicker.
5. Pour soup into blender to puree until smooth.
6. Add the cooked quinoa and the milk.
7. Health through.

This is the recipe I prepared for our Pot-luck weekly meetings. Everyone enjoyed it and it is very easy to prepare. A touch of south Asia flavour. *Coach Diane Saunders*

