

Fall Favorites

In the Kitchen with LiveWELL





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Curried Sweet Potato and Millet Soup

Tara Cox – Greater Charlotte LiveWELL

4 servings



Ingredients

1 Tbsp vegetable oil
1 onion, finely chopped
1 carrot, peeled and diced
1 stalk celery, diced
1 clove garlic, minced
1 tsp minced gingerroot
1 tsp curry powder
1/2 tsp freshly grated orange zest
1 cups sweet potato purée or one large baked sweet potato, peeled and mashed
3 cups low-sodium vegetable or chicken stock
1/3 cup millet, toasted
1/2 cup freshly-squeezed orange juice
1/4 cup pure maple syrup (optional)
Salt and freshly-ground black pepper
Toasted walnuts or sliced almonds
Plain yogurt, optional

Preparation

In a large saucepan or stockpot, heat oil over medium heat for 30 seconds. Add onions, carrots and celery and cook, stirring, until carrots have softened, about 7 minutes.

Add garlic, ginger, curry powder and orange zest and cook, stirring, for about one minute. Add sweet potato purée and stock and stir well.

Bring to a boil. Stir in millet. Reduce heat to low, cover, and simmer until millet is tender and flavors have blended, about 30 minutes.

Add orange juice and maple syrup and

heat through. Season to taste with salt and pepper. Ladle into bowls and garnish with toasted nuts and a drizzle of yogurt, if using.

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Tips:

To get this quantity of puréed sweet potato, bake, peel, and mash 1 large sweet potato or use canned sweet potato purée. While it's not necessary to toast millet, toasting does bring out its pleasantly nutty flavor. To toast millet, heat in a dry skillet over medium heat, stirring constantly, until it crackles and releases its aroma, about 5 minutes.

Pumpkin Spice Cake

Gretchen Bayne – BestHealth4Us



Ingredients

- 1 can pumpkin
- 1 Boxed Spiced Cake
- Cool Whip or icing of your choice

Preparation

1. Combine cake mix with pumpkin – mix well
2. Pour into 8 x 8 pan, or cake pan of your choice
3. Follow the baking direction on the cake box. Top with cool whip or icing.

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