

Asparagus Soup

Ingredients

- 1 Tbsp olive oil
- 1 small leek, cleaned & sliced
- 1 small onion, chopped
- 3 medium russet potatoes, peeled & cubed
- 40 medium asparagus spears
- 6 cups low sodium chicken broth
- 1 Tbsp lemon pepper seasoning
- 1 Tbsp fresh lemon juice
- 3 Tbsp low-fat sour cream

Directions

1. In a large saucepan over medium heat, add olive oil, saute leek and onion for 3 minutes.
2. Cut asparagus into 1 inch pieces. Add potatoes and asparagus, reserving 10 asparagus tips for garnish. Saute for 5 minutes.
3. Add chicken broth and simmer until potatoes are tender, about 20 minutes.
4. Working in batches, puree cooled soup in blender or food processor until smooth.
5. Return soup to saucepan and stir in lemon pepper seasoning and lemon juice.
6. Blanch reserved asparagus tips.
7. Ladle soup into bowls, lay asparagus tip on top, garnish with sour cream. Serves 10.

Handling & Storage

Do not wash asparagus before storing. Trim the ends of fresh asparagus and stand them upright in a jar with about an inch of water in the bottom. Cover with a plastic bag and refrigerate for up to two days.

To prepare, bend each spear until it breaks naturally. This will ensure tender spears of asparagus without waste.

Nutritional Information

Calories: 94

Total Fat: 2.3 g

Saturated Fat: 0.7 g

Cholesterol: 2 mg

Sodium: 51 mg

Total Carbohydrates: 15.2 g

Dietary Fiber: 3.2 g

Sugars: 2.6 g

Protein: 4.0 g

Serves: 10