



strong bodies **healthy minds**

## Creamy Asparagus Soup

We are wild about asparagus right now because its spears are sprouting big-time in the garden! We eat these super veggies cut fresh or make this yummy seasonal creamy soup. Sip a serving of this light but filling low-fat soup that it is a good source of fiber, bone building calcium and the antioxidant vitamins A and C. Make a double batch since this super soup is popular for lunch or as a satisfying after-school snack, too!

### Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon whole wheat flour
- 2 cups water
- 2 cups asparagus, chopped
- 3 medium white potatoes, peeled and coarsely chopped
- 1 cup low-fat (1%) milk
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ½ cup shredded 50% reduced-fat Cheddar cheese (2 ounces)
- ½ cup finely chopped chives

### Directions:

1. In large saucepan, heat oil over medium heat. Add onion and cook until tender and translucent, 7–10 minutes, stirring occasionally. Stir in garlic; cook 30 seconds, stirring.
2. Add flour to vegetable mixture and cook 1 minute, stirring constantly. Gradually stir in water and cook, stirring, until mixture boils and thickens slightly, about 5 minutes.
3. Add asparagus and potatoes; heat to boiling. Reduce heat to low; cover and simmer 20 minutes or until asparagus and potatoes are fork-tender. Remove saucepan from heat.
4. Pour about one-third of soup into blender; cover, with center part of cover removed to let steam escape, and blend until pureed. (Or, use an immersion blender and puree in saucepan).
5. Pour soup into large bowl and repeat with remaining mixture. Return all soup to saucepan; stir in milk, salt, and pepper and heat through over medium heat.
6. To serve, ladle soup into 9 soup bowls; top with Cheddar and chives divided evenly among bowls.

Makes 9 servings (1 cup per serving).

**Nutrition Facts per serving:** 110 calories; 3g fat (1g sat fat, 1g mono, 0g trans fats); 5mg cholesterol; 18g carbohydrate (3g fiber, 3g sugar); 5g protein; 75mg sodium; 10% Daily Value (DV) vitamin A; 30% DV vitamin C; 10% DV calcium; 8% DV iron.