

Asparagus and Scallion Soup

Serves: 6

Ingredients

¼ cup slivered almonds (for garnish)	Salt and pepper, to taste
1 Tbsp olive oil	1 ½ lb asparagus (tough ends trimmed), thinly sliced
6 scallions, thinly sliced	1 medium potato, peeled and coarsely chopped
2 medium leeks, white part only, thinly sliced	1 (12-oz.) can evaporated nonfat milk
2 cans (14oz. each) fat free, reduced-sodium chicken broth (or vegetable broth)	
¼ tsp dried tarragon or thyme	

Directions:

- Place almonds in a dry saucepan over medium heat. Toast nuts until golden, shaking pan occasionally to prevent burning, about 5 to 6 minutes. Transfer nuts to a paper towel.
- In same pan, heat oil over medium heat. Add scallions and leeks and cook, stirring occasionally, until tender-crisp, about 5 to 6 minutes. Add broth, tarragon, salt and pepper. Bring to a boil.
- Add asparagus and potato. Bring back to a boil, then immediately reduce heat and simmer, partially covered, until vegetables are very soft, 12 to 15 minutes.
- Remove from heat and cool slightly. In small batches, purée soup in blender (or use a handheld blender) until smooth. Pour back into saucepan over medium heat. Add milk, stirring, and heat through.
- Ladle into serving bowls. Garnish with toasted almonds and serve.

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Nutrition per serving: 160 calories, 4.5 g fat (<1 g saturated fat), 23 g carbohydrate, 9 g protein, 4 g dietary fiber, 380 mg sodium.