

## Spring Pea Soup

Serves: 6

### Ingredients

1 Tbsp extra virgin olive oil	3 ½ cups water
1 small sweet onion (such as Vidalia), peeled and finely chopped	1 lb frozen baby peas, thawed
1 boiling potato (about 4 oz.) peeled and cut into ½ -inch cubes	Salt and freshly ground black pepper, to taste
½ tsp salt	1 Tbsp low-fat sour cream (optional)
	Fresh mint leaves, minced (optional)

### Directions:

Heat the oil in a large, heavy saucepan over moderate heat. Add the onions and cook, stirring occasionally until soft, about 2 to 3 minutes. Add the potato and salt. Cook, while stirring, another 2 minutes. Add the water, cover and simmer until potato is tender, about 15 minutes. Add peas and simmer, uncovered for 2 minutes.

Cool slightly, then puree in small batches in a blender. Force mixture through a very fine mesh sieve into a saucepan. Reheat and season to taste with salt and pepper.

Top each serving with a dab of sour cream and fresh mint leaves, if desired.

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**Per Serving:** 100 calories, 2.5 g total fat (0 g saturated fat), 14 carbohydrates, 4 g protein, 4 g dietary fiber, 240 mg sodium.