



EMERALD SOUP

ingredients:

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| 1 Tablespoon olive oil | 3 Tablespoons flour |
| 1/3 cup finely chopped onion | Grated zest of 1 lemon |
| 1 head of butter lettuce, leaves rinsed well and chopped | 2 cups low-sodium chicken broth |
| 2 cups packed spinach leaves, chopped | 1/8 teaspoon salt |
| 2 cups packed watercress sprigs, chopped | 1/4 teaspoon pepper |
| 3 handfuls of arugula | 2 Tablespoons fat-free half-and-half |
| 1 Tablespoon chopped garlic cloves | 2 Tablespoons minced chives |

directions:

1. In a large pot, heat the olive oil over medium heat. Add the onion and cook for 2 to 3 minutes or until soft.
2. Add the butter lettuce, spinach, watercress, arugula, and garlic, and cook, stirring frequently, for 2 to 3 minutes, or until the vegetables are wilted.
3. Stir in the flour, lemon zest, broth, salt, pepper, and bring to a boil.
4. Let cool, then transfer to a blender or food processor and process in batches until smooth. Return the puree to the soup pot.
5. Stir in half-and-half and cook over medium heat until heated through. Ladle the soup into bowls and sprinkle with chives.

Yield: 4 servings

Nutrition Information Per Serving:

Calories: 97
Fat: 4 grams
Saturated fat: 1 gram
Cholesterol: < 1 mg
Sodium: 153 mg
Carbohydrates: 7 grams
Fiber: 3 grams
Protein: 4 grams
Calcium: 125 mg

Food exchanges:
2 vegetable, 1 fat

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