

CREAM OF ASPARAGUS SOUP

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 slices whole-wheat bread (cut into 1/2" cubes)	1 1/2 C water
1 lb asparagus, trimmed	1 tsp canola oil
1 onion, chopped	1 garlic clove, minced
1 C low-sodium chicken broth	1/4 C finely chopped parsley
1 C evaporated skimmed milk	2 TBS whole-wheat flour
Freshly ground pepper, to taste	1 tsp fresh lemon juice

DIRECTIONS:

To prepare croutons: preheat oven to 300° F - place bread cubes on baking sheet - bake till crisp/golden (20-25 minutes).

To prepare soup: chop top 4" of asparagus spears into 1" lengths - chop rest of asparagus into 1/2" lengths - keep in separate piles.

In medium nonstick saucepan, heat oil. Sauté onion & garlic till garlic is lightly browned (about 3 minutes). Add the 1/2" pieces of asparagus, broth, parsley & 1 1/2 C water - bring to boil. Reduce heat & simmer, covered, till asparagus is very tender (about 20 minutes). With slotted spoon, transfer solids to blender or food processor - purée, then return to saucepan.

In small bowl, whisk milk & flour till smooth - whisk into asparagus mixture. Add reserved asparagus - bring to simmer, stirring constantly (don't let the soup boil!) - reduce heat & simmer, stirring often (about 15 minutes). Stir in lemon juice & pepper. Serve, sprinkled with the croutons.

Servings: 4

(per serving: 137 calories; 3g total fat; 1g saturated fat; 3mg cholesterol; 181mg sodium, 21g total carbohydrates; 3g dietary fiber; 10g protein, 223mg calcium - WW points per serving: 2)