

# **Asparagus and Scallion Soup with Almonds**

From the American Institute for Cancer Research Test Kitchen:

[http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18788&news\\_iv\\_ctrl=1125](http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18788&news_iv_ctrl=1125)

## **Ingredients**

- ¼ cup sliced almonds, for garnish
- 1 Tbs. olive oil
- 2 medium leeks, thinly sliced
- 6 scallions, thinly sliced, 2 reserved for garnish
- 2 cans (14 oz. each) fat-free, reduced sodium vegetable broth
- ½ tsp. dried thyme, to taste
- Salt and white pepper, to taste
- 1 ½ lb. asparagus, thinly sliced
- 1 can (15 oz.) white beans, such as cannellini, rinsed & drained
- Optional: 1 cup evaporated skim milk (for creamier soup)

## **Instructions**

1. Place almonds in saucepan over medium heat. Toast until golden, shaking pan occasionally to prevent burning, about 5-6 minutes. Transfer to paper towel and set aside.
2. In same pan, heat oil over medium heat. Add leeks and 4 chopped scallions. Cook, stirring occasionally, until tender, about 5-6 minutes. Add broth, thyme, salt and pepper, and bring to boil. Add asparagus and beans.
3. Bring back to boil, then immediately reduce heat and simmer, partially covered, until vegetables are soft, 12-15 minutes. Remove from heat and cool slightly.
4. Puree soup in blender until smooth. Pour back into saucepan over medium heat. (If using evaporated milk, now is the time to pour in.) Heat through. Ladle into serving bowls. Garnish with toasted almonds and remaining scallions.

*Makes 6 servings*

## **Nutrition information per serving:**

Calories	146
Carbohydrate	24 g
Dietary Fiber	5 g
Protein	9 g
Total Fat	3 g
Saturated Fat	<1 g
Sodium	304 mg

