



Issue # 509

June 17, 2014

Summer Veggie Soup

Meet your new go-to summer soup. This medley of carrots, yellow squash, zucchini, asparagus, tomatoes, potatoes and corn is rich in nutrition and low in calories. It's packed with fiber, protein, vitamin C and a range of phytochemicals. It's no secret that vegetables are healthy, but research also shows that a diet high in a variety of fruits and vegetables can offer protection against cancer and other chronic diseases.

Summer Veggie Soup

1 Tbsp. extra virgin olive oil
1 medium onion, chopped
4 cloves garlic, minced
2 carrots, sliced into 1/4-inch pieces
32 oz. reduced-sodium chicken broth (vegetable broth may be substituted)
1 (15-oz.) can chickpeas, drained and rinsed
2 medium yellow squash, sliced into 1/4-inch pieces
1 medium zucchini, sliced into 1/4-inch pieces
2 medium potatoes, diced into 1/2-inch pieces
1 cup corn kernels, fresh or frozen
Salt and freshly ground black pepper to taste
6 asparagus spears, cut into 1-inch pieces
2 plum or Roma tomatoes, coarsely chopped
1/4 cup fresh basil, finely chopped
1/4 cup of fresh chives, coarsely chopped

In soup pot, heat oil over medium heat. Add onion and garlic and sauté about 6-8 minutes. Add carrots and cook until softened, about 5 minutes.

Stir in broth, chickpeas, squash, zucchini, potatoes, corn, salt and pepper. Bring to boil. Reduce heat and simmer about 5 minutes. Stir in asparagus and cook 2 minutes or until squash and potatoes are tender, but not mushy. Then stir in tomatoes and cook 2 minutes.

Place in bowls, garnish with basil and chives and serve.

Makes 6 servings.

Per serving: 210 calories, 3.5 g total fat (0 g saturated fat), 38 g carbohydrate, 9 g protein, 7 g dietary fiber, 340 mg sodium.