

From Lisa's Kitchen: Light Pea Soup

This soup tastes like spring in a bowl. Low-fat and packed with flavor from yummy spring foods like peas and mint. Feel free to use fresh peas if you have them, otherwise the frozen works just fine. Adapted from Canyon Ranch.

Light Pea Soup

Makes about 1½ quarts

- ¾ cup diced onions
- ¾ cup diced leeks
- ½ cup chopped scallions
- 2 tablespoon extra-virgin olive oil
- 1 teaspoon minced garlic
- 2 ½ cups frozen peas, thawed
- 5 cups reduced-sodium vegetable stock
- ½ cup chopped chives
- 1 teaspoon chopped fresh mint
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

In a large saucepan, sauté onions, leeks and scallions in olive oil until onions are translucent.

Add garlic and peas and sauté for 2 minutes.

Add vegetable stock and bring to a boil. Reduce heat and simmer for 30 minutes

Add chives and mint and cook for 5 minutes.

Remove from heat. Using either a stick blender or regular blender carefully puree mixture until smooth (don't forget it's hot). Season with salt & pepper.