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## Sweet Pea Soup

*Makes 6 servings. Recipe adapted from Cooking Light Magazine.*

### Ingredients

- 3 cups shelled fresh green peas (or frozen green peas, thawed first in cold water)
- 1 cup coarsely chopped pea shoots or baby spinach leaves
- 2 tablespoons chopped fresh mint
- 2 garlic cloves
- 1 cup unsalted chicken stock
- 1/2 teaspoon kosher salt
- 2 tablespoons pine nuts, toasted
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon chopped fresh dill
- 2 tablespoons plain 2% reduced-fat Greek yogurt
- Fresh ground black pepper

### Nutritional info per serving

Calories:	99
Total fat:	3g
Cholesterol:	0mg
Sodium:	287mg
Total Carbs:	14g
Dietary Fiber:	4g
Protein:	6g
Calcium:	33mg

### Directions

1. Bring a large pot of water to a boil. Add peas; cook 15 seconds. Add pea shoots, mint, and garlic; cook 15 seconds. Drain; plunge pea mixture into ice water. Drain well.
2. Combine pea mixture, stock, and salt in a blender; process until very smooth.
3. Combine nuts, oil, and dill in a small bowl.
4. Ladle about 2/3 cup soup into each of 6 shallow bowls. Drizzle each serving with 1 teaspoon yogurt; top with about 2 teaspoons nut mixture.
5. Add a few grinds of fresh pepper if desired.

**NOTE:** This can be served at room temperature or chilled.