

Sweet Pea and Spinach Soup with Fresh Mint

Servings: 6

2 Tablespoons butter
2 yellow onion, coarsely chopped
2 10 ounce bags fresh spinach
2 1/2 cups frozen petite peas, rinsed
3 cups vegetable or chicken stock
1/4 cup cream
gratings fresh nutmeg
1/2 cup fresh mint, julienned, divided
salt and pepper

Saute the onions in butter in a large pot over medium high heat, stirring occasionally until softened and reduced in volume, 5 - 10 minutes. Reduce heat and continue to cook until translucent. Stir in spinach and saute until the spinach is wilted, about 5 minutes.

Add peas and stock to the pot and bring to a boil over high heat. Reduce to a simmer, uncovered for 7 - 10 minutes.

Remove pot from heat and puree the soup using an immersion blender. (If not using an immersion blender, remove from heat and allow to cool. Scoop the soup into a food processor fitted with a metal blade. Blend until the soup is smooth. Pour that mixture into a bowl while you puree the remaining soup in batches.)

Gently rewarm the soup in the soup pot over medium heat. Slowly whisk in the cream. Using the whisk, stir in the nutmeg, half the mint and salt and pepper to taste.

Serve warm or chilled. Sprinkle the remaining mint over the individual servings.

This soup is best served the day it is made. If you keep it for more than a day in the refrigerator, the bright green color of the vegetables will begin to dull and brown. The soup can be frozen, but must be defrosted and used immediately.

Adapted from "Once Upon a Tart" by Frank Montesana and Jerome Audureau, 2003.

Per Serving (excluding unknown items): 96 Calories; 7g Fat (57.8% calories from fat); 4g Protein; 7g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 121mg Sodium. Exchanges: 1 1/2 Vegetable; 1 1/2 Fat.