

Creamy Cauliflower & Roasted Garlic Soup

You can prepare the roasted garlic up to 1 day before you cook this soup.

What you need:

- 1 medium head garlic, cloves unpeeled but papery outer skin removed
- 1/2 teaspoon plus 2 teaspoon extra virgin olive oil
- 2 medium leeks (about 1 1/3 cups), white part only, washed and sliced
- 1/2 -1 teaspoon dried thyme
- Salt, to taste
- 1/4 teaspoon white pepper
- 1 lb. (about 3 1/2 cups) coarsely chopped fresh cauliflower
- 3 cups lowfat, reduced sodium chicken broth
- 1 can (12 oz.) fat-free evaporated milk
- 4 Tablespoon freshly grated Parmesan cheese



(over for directions, nutritional information)

Creamy Cauliflower & Roasted Garlic Soup (continued)

How to make:

Preheat oven to 400 degrees. Cut off 1/2-inch slice from top of head of garlic. Place on sheet of foil. Drizzle 1/2 tsp. oil on top of garlic. Roast 45-55 minutes, or until cloves are soft. Let cool 5 minutes. Squeeze garlic from skin directly into small bowl. Mash with fork and set aside. In large nonstick saucepan, heat 2 tsp. oil over medium heat. Add leeks, thyme, salt and white pepper. Cook, stirring, 6-8 minutes, or until leeks are translucent, but not browned. Stir in roasted garlic. Cook 30 seconds. Add cauliflower, broth and milk. Over medium-high heat, bring to gentle boil. Reduce heat to medium-low and cook 8-10 minutes, or until cauliflower is tender. Let cool 5-10 minutes. Using blender or food processor, puree half of cauliflower and 1 cup cooking liquid until smooth. Pour into medium bowl. Repeat process with remaining cauliflower and 1 cup liquid. Stir puree back into saucepan. Reheat, if necessary. Ladle soup into bowls and sprinkle each serving with 1 Tbsp. Parmesan cheese. Makes 6 servings.

Nutrition Information:

Per serving: 114 calories, 3 g total fat (<1 g saturated fat), 15 g carbohydrates, 9 g protein, 2 g dietary fiber, 432 mg sodium.



Recipe courtesy of Lifetime Health Medical Group