Asparagus Soup

Active Minutes: 20
Total: 30 minutes
To Make Ahead: Prepare the soup (Steps 1 & 3), cover and refrigerate for up to 2 days. Top with prosciutto just before serving.
Per Serving: 174 calories; 3g fat (1g sat, 0g mono); 22mg cholesterol; 24g carbohydrate; 14g protein; 5g fiber; 658mg sodium.
Nutrition Bonus: Vitamin C (50% daily value), Iron (30% dv) Vitamin A (25% dv), Folate (22% dv).

This creamless but still creamy soup is a great lunch or summer-night dinner on its own – but you can also spoon it over lump crabmeat, cooked shrimp or cubed tofu for a heftier meal.

1 14-ounce can reduced-sodium chicken broth
1/4 cup water
1 yellow-fleshed potato, such as Yukon Gold (6 ounces), peeled and cut into 1/2-inch cubes
1 medium shallot, thinly sliced
1 clove garlic, thinly sliced
1/2 teaspoon dried thyme
1/2 teaspoon dried savory or marjoram leaves
1/8 teaspoon salt
12 ounces asparagus, woody ends removed, sliced into 1-inch pieces
1-1/2 ounces thinly sliced prosciutto, chopped
Freshly ground pepper to taste

1. Place broth, water, potato, shallot, garlic, thyme, savory (or marjoram) and salt in a large saucepan. Bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the potato is tender, about 8 minutes. Add asparagus, return to a simmer, and cook, covered, until the asparagus is tender, about 5 minutes more.

2. Meanwhile, cook prosciutto in a small skillet over medium heat, stirring, until crisp, about 5 minutes.

3. Pour the soup into a large blender or food processor; puree until smooth, scraping down the sides if necessary. Season with pepper. Serve topped with the crisped prosciutto.

Makes 2 servings, 1-1/2 cups each.