

# Garden-Fresh Asparagus Soup

(Makes 6 appetizer servings, 1 cup each)



Always buy asparagus that has beautiful apple green, firm stalks with tight, purple-tinged tips. This harbinger of spring grows fresh from February through June. Use it right away or refrigerate and wrap tightly in a plastic bag or standing upright in an inch of water, covering the container with a plastic bag. Asparagus is a good source of vitamin A, folate, iron, vitamin B and vitamin C. This lemony asparagus soup is a feast of flavors, rich with coconut milk and spiced with curry.

## Ingredients

- 2 Tbs. Butter
- 2 Tbs. olive oil
- 1 medium onion, finely chopped
- ½ tsp salt, divided
- ½ tsp. curry powder
- ¼ tsp. ground ginger
- Zest and juice of 1 lemon, divided
- 2 cups diced peeled red potatoes
- 3 cups vegetable broth or reduced-sodium chicken broth
- 1 cup “lite” coconut milk
- 2 cups of ½ inch pieces trimmed asparagus (about 1 bunch)
- Freshly ground pepper to taste
- ¼ cup crème fraiche or reduced-fat sour cream
- 1/3 cup finely chopped scallion greens or fresh chives, chopped

Melt butter and oil in large saucepan over medium heat. Add onion and ¼ tsp. salt. Cook, stirring often, until golden – about 5 minutes. Stir in curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally for 5 minutes. Stir in broth, coconut

milk and asparagus. Bring to simmer over medium heat, partially covered and cook till potatoes are tender, about 15 minutes.

Puree soup until smooth with an immersion blender or regular blender (in batches). Season with remaining  $\frac{1}{4}$  tsp. salt and pepper. Whisk crème fraiche or sour cream, lemon juice and scallion greens or chives in a small bowl and garnish with a swirl of it into the bowl.

*Adapted from "Eating Well in Season"*

**Shopping:** butter, olive oil, medium onion, curry powder, ground ginger, lemon, red potatoes, vegetable or chicken broth – reduced sodium, lite coconut milk, asparagus, freshly ground pepper, crème fraiche or reduced-fat sour cream, scallion greens or fresh chives.

**Tools:** large saucepan and cover, chef knife and cutting board, measuring spoons and cups, wooden spoon, immersion or regular blender, whisk, bowls for serving.