

Enjoy any soup with **EATING RIGHT™** Whole Grain Salt Woven Wheat Crackers.

Ingredients:

2 cups (500 ml) chopped broccoli (stems and florets)
2 cups (500 ml) chicken broth
1 cup (250 ml) buttermilk
½ tsp (2 ml) dried basil
½ tsp (2 ml) dried tarragon
Salt and black pepper to taste
Small broccoli florets, lower-fat
Plain yogurt, chives, shredded Cheddar Cheese

Per Serving

Calories: 73
Dietary Fiber: 2 grams
Fat: 2 grams
Carbohydrate: 7 grams
Protein: 7 grams

Directions:

1. In a saucepan over medium-high heat, cook broccoli in chicken broth for 10 minutes or until tender. Refrigerate in broth until chilled.
2. In a food processor or blender, purée chilled mixture, buttermilk and seasonings until smooth. Taste and adjust seasonings. Reheat just to serving temperature or chill and serve as cold soup. Serve garnished with broccoli, yogurt, chives and cheddar cheese.



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