

BROCCOLI-CHEESE SOUP

Serves 4

This soup has all the creaminess you expect from a classic broccoli-cheese soup, but so much less saturated fat and cholesterol.

- 2 1/2 cups fat-free, low-sodium chicken broth
- 6 ounces chopped fresh broccoli (about 2 cups) or 1 10-ounce package frozen chopped broccoli, thawed
- 1 medium carrot, chopped
- 1 medium rib of celery, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 cup fat-free half-and-half
- 3 tablespoons all-purpose flour
- 3 slices low-fat sharp Cheddar cheese, torn into pieces, or 1/2 cup shredded low-fat sharp Cheddar cheese

In a large saucepan, stir together the broth, broccoli, carrot, celery, salt, pepper, and nutmeg. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until the vegetables are tender. In a small bowl, whisk together the half-and-half and flour. Stir into the saucepan. Simmer for 1 to 2 minutes, or until thickened, stirring occasionally. Add the cheese. Remove from the heat. Stir until the cheese is melted.

Cook's Tip: One of the best ways to reheat this soup and keep it from being scorched is to use a double boiler. If you don't have a double boiler, place a medium stainless steel bowl over a pan of simmering water. In either case, be sure the water in the bottom pan doesn't touch the top container.

Nutrition Analysis (per serving)

Calories	119
Total Fat	1.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	3 mg
Sodium	375 mg
Carbohydrates	18 g
Fiber	2 g
Sugar	6 g
Protein	11 g

Dietary Exchanges

- 1 Vegetable • 1 Other Carbohydrate •
- 1 Very Lean Meat

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