



## Creamy Spinach Soup

Serves 4

From Creamy, Brothy, Earthy, Hearty by Mark Bittman  
<http://www.nytimes.com/2011/03/06/magazine/06eat-t.html>

- 1 Chopped onion
- 2 Peeled garlic cloves
- 3 Cups water
- 4 Salt and pepper
- 10 ounces fresh spinach, chopped
- ½ cup parsley leaves
- 1 cup Greek-style plain yogurt

- Put onion, garlic, water, salt and pepper in a pot over high heat and bring to a boil
- Lower the heat, cover and simmer until onion is tender, about 10 minutes
- Add spinach and parsley; cook until spinach is tender, 2 to 3 minutes
- Add yogurt
- Puree mixture and serve
- If soup needs to be reheated, do not allow to boil

### Nutritional information:

Calories: 56

Total Fat: 0.3g

Saturated Fat: 0.1g

Sodium: 77mg

Carbohydrate: 7g

Dietary Fiber: 2g

Protein: 7g