

Cream of Spinach and Brie Soup

Sneak spinach into your diet with this wonderful creamy soup. Try using Swiss chard for spinach to include a cruciferous vegetable. This is a little high in saturated fat but perfect to entice your appetite. I couldn't leave this recipe out.

MAKES 6 SERVINGS

1/2 cup chopped onion
1/3 cup all-purpose flour
2 cups skim milk
2 cups chicken broth
8 ounces Brie cheese, rind removed and cubed
2 cups fresh spinach, washed and stemmed
Salt and pepper to taste

In a nonstick pot coated with nonstick cooking spray, sauté onion until soft. Stir in flour. Gradually stir in milk and chicken broth. Bring to a boil over medium heat, stirring constantly, until thickened. Add cheese and stir until melted. Add spinach and salt and pepper, stirring until spinach is wilted.

Nutritional information per serving

Calories 192, Protein (g) 13, Carbohydrate (g) 11, Fat (g) 11, Cal. from Fat (%) 50, Saturated Fat (g) 7, Dietary Fiber (g) 1, Cholesterol (mg) 39, Sodium (mg) 495, Diabetic Exchanges: 1 high fat meat, 0.5 starch, 0.5 skim milk

SORE MOUTH
OR THROAT

DOC'S NOTES:

Spinach is a great source of iron, Vitamin A, and calcium. Iron is essential to the formation of hemoglobin, which carries oxygen in the blood, and myoglobin, which carries oxygen in muscle.