



Quick Bites — Summer Veggies

Meet your new go-to summer soup. This medley of carrots, yellow squash, zucchini, asparagus, tomatoes, potatoes and corn is rich in nutrition and low in calories. It's packed with fiber, protein, vitamin C and a range of phytochemicals. It's no secret that vegetables are healthy, but research also shows that a diet high in a variety of fruits and vegetables can offer protection against cancer and other chronic diseases.

- From AICR Health Talk
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Summer Veggie Soup

Makes 6 servings.

Per serving: 210 calories, 3.5 g total fat (0 g saturated fat), 38 g carbohydrate, 9 g protein, 7 g dietary fiber, 340 mg sodium.

Ingredients:

32 oz. reduced-sodium chicken broth (vegetable broth may be substituted)	
1 Tbsp. extra virgin olive oil	1 medium onion, chopped
4 cloves garlic, minced	2 carrots, sliced into 1/4-inch pieces
1 (15-oz.) can chickpeas, drained and rinsed	2 medium yellow squash, sliced into 1/4-inch pieces
1 medium zucchini, sliced into 1/4-inch pieces	2 medium potatoes, diced into 1/2-inch pieces
1 cup corn kernels, fresh or frozen	Salt and freshly ground black pepper to taste
6 asparagus spears, cut into 1-inch pieces	2 plum or Roma tomatoes, coarsely chopped
1/4 cup fresh basil, finely chopped	1/4 cup of fresh chives, coarsely chopped

Directions:

1. In soup pot, heat oil over medium heat. Add onion and garlic and sauté about 6-8 minutes. Add carrots and cook until softened, about 5 minutes.
2. Stir in broth, chickpeas, squash, zucchini, potatoes, corn, salt and pepper. Bring to boil. Reduce heat and simmer about 5 minutes. Stir in asparagus and cook 2 minutes or until squash and potatoes are tender, but not mushy. Then stir in tomatoes and cook 2 minutes.
3. Place in bowls, garnish with basil and chives and serve.

For more information:
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Did You Know?

Conventional commercial soups often contain 750 to 1,000 milligrams of sodium per cup. That's nearly half the suggested daily maximum!