

## **Creamy Vegetable Chicken Soup** (Serves 4)

2 medium leeks, well washed, and white parts thinly sliced  
1 TBSP. olive oil  
3 large zucchini, washed and chopped  
¼ c. chopped fresh basil  
1 roasted or steamed red pepper, chopped  
4 c. fresh spinach  
12 oz. canned cooked white meat chicken  
3 c. low fat, low sodium chicken broth

Heat oil in 3 quart saucepan. Add leeks and sauté over medium heat until they're soft but not brown. Add in 2 c. of the stock and simmer.

In separate pan, cook zucchini in the remaining cup of stock for 8-10 minutes. When it is tender, puree it with roasted pepper and fresh basil in blender. Add to leeks. Put half the spinach into the bubbling pot, bring to boil again; add remaining spinach and diced chicken. Stir gently. Cover and simmer for 5-7 minutes. Serve.

Calories: 245  
Total Fat: 10 g  
Saturated: 2 g  
Trans Fat: 0g  
Cholesterol: 70 mg  
Sodium: 316 mg  
Carbs: 13  
Fiber: 2 g  
Sugars: 4 g  
Protein: 29 g