



New Potato and Asparagus Soup

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| 2 tablespoons olive oil | ½ teaspoon garlic powder | 1 pound fresh asparagus |
| 2 medium size, boneless, skinless chicken breasts | zest and juice of 1 lemon | ½ cup reduced fat sour cream |
| 1 medium diced onion | 2 cups new potatoes | Fresh ground black pepper |
| 1 teaspoon salt | 3 cups vegetable broth | |
| | 1 cup low fat milk | |

- 1. Pour** oil into a large saucepan over medium heat.
- 2. Remove** fat from chicken breasts and cut chicken into ½ inch pieces.
- 3. Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- 4. Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- 5. Cut** potatoes into ½ inch chunks, leaving the skin on.
- 6. Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- 7. Stir** in the milk.
- 8. Trim** and cut asparagus into 1 inch pieces and add to mixture.
- 9. Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- 10. Stir** in ½ cup sour cream and season with salt and pepper to taste.

Yield: 8, 1 cup servings.

Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



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Kentucky New Potatoes

SEASON: Late June-October.

NUTRITION FACTS: New potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole.

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: New potatoes are best in dishes that call for boiled potatoes, as they will hold their shape. Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes growing should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

NEW POTATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

March 2011

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