



# Recipe of the Month

## NEW POTATO AND ASPARAGUS SOUP

### New Potatoes

The origin of the potato is Peru; where it was cultivated over 4000 years ago. It was a staple food of the Inca.

The potato came to the United States in 1719 and then was established on all of the continents, becoming one of the most important vegetables in the world. Perhaps the most important historical event involving the potato is the Great Irish Potato Famine. Ireland in the 1840s was a time of starvation and emigration in a country where one-third of the population relied heavily on the potato for food. The famine was caused by a potato disease, commonly known as Potato Blight.

Many kinds of potatoes are seen in restaurants, grocery stores, farmers markets, and homes today. The most common of these are the russet, round white, and the red potato. Potatoes are tough and durable, store well, and have an impressive nutritional content including a rich source of fiber, potassium and vitamin C. Like other fruits and vegetables, potatoes are a low calorie food and are free of fat, cholesterol, and sodium. Keep in mind, however, that the leaves and stems of the potato plant are poisonous and may cause illness when ingested.

Store potatoes in a well ventilated place that is cool, dark, and humid. The ideal storage temperature for potatoes is 45 degrees Fahrenheit.

Green potatoes and sprouts contain a chemical that is not safe to eat and should be peeled or discarded.

Red, or new potatoes contain more moisture than other types and are referred to as "waxy." These potatoes are best for dishes that call for boiled potatoes.

### Asparagus

Asparagus can be traced to Eurasia and is part of the Lily family of plants.

In Kentucky, Asparagus is in season from April through May.

One pound of asparagus yields 4 ½ cup servings. A serving contains only 22 calories, 2 grams of protein, and 4 grams of

carbohydrate. It is a good source of vitamin A and folic acid.

Choose bright green stalks with tightly closed tips.

Store in the refrigerator, upright with stem ends in water or wrapped in a wet paper towel in a plastic bag. It will keep for 1-2 weeks.

To prepare asparagus wash thoroughly in cool running water. Eat raw or lightly boil, steam, stir-fry, or grill.

### Presentation Plan

#### Grocery list:

Olive oil, 2 medium boneless, skinless chicken breasts, onion, salt, garlic powder, lemon, new potatoes, asparagus, reduced fat sour cream, black pepper.

#### Equipment needs:

Large sauce pan, cooking surface such as a stove top or portable cook stove, clear glass bowl, measuring spoons, measuring cups, cutting board, paring knife, chef's knife, spatula, ladle, lemon zester or fine grater, small clear glass bowls for pre-cut/measured ingredients.

#### Display preparation:

- Cover table/work surface with a table cloth.
- Arrange potatoes and asparagus for display
- Arrange pre-cut/measured recipe ingredients in clear display bowls.
- Have plates and utensils available for sampling.

#### Demonstration steps:

1. Discuss focus commodities and talking points.
2. Prepare recipe, discussing function of ingredients.
3. Display finished product in clear glass bowl.
4. Discuss menu items that can be served with this soup such as serving it with home baked corn bread, crusty bread or bruschetta, and a simple green salad.

## New Potato and Asparagus Soup

**2 tablespoons** olive oil

**2 medium** size, boneless, skinless chicken breasts

**1 medium** diced onion

**1 teaspoon** salt

**½ teaspoon** garlic powder

zest and juice of 1 lemon

**2 cups** new potatoes

**3 cups** vegetable broth

**1 cup** low fat milk

**1 pound** fresh asparagus

**½ cup** reduced fat sour cream

Fresh ground black pepper

### Directions:

**Pour** oil into a large saucepan over medium heat.

**Remove** fat from chicken breasts and cut chicken into ½ inch pieces.

**Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.

**Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.

**Cut** potatoes into ½ inch chunks, leaving the skin on.

**Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.

**Stir** in the milk.

**Trim** and cut asparagus into 1 inch pieces and add to mixture.

**Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.

**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.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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### Kentucky Proud Project

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