

Creamy Pea Soup with Roasted Garlic and Lime

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Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 45 minutes

Roast Time: 30 minutes

3 large yellow onions, chopped
2 heads garlic
olive oil
1 pound frozen peas
1 quart chicken broth
1 tablespoon jalapeno pepper, minced
1 container (8 oz) creme fraiche
3 tablespoons fresh cilantro, chopped
2 tablespoons lime juice
salt
ground black pepper

Preheat the oven to 400 degrees.

Coat a rimmed baking sheet with cooking spray.

Arrange the chopped onions in an even layer on the prepared baking sheet.

Carefully cut off the top of each head of garlic. (You should cut deep enough to reveal the tops of the cloves inside.) Set each head on the baking sheet and drizzle with olive oil. Spritz the onions with cooking spray.

Roast for 30 minutes.

After about 20 minutes of roasting, in a large saucepan over medium-high, combine the peas, broth and jalapenos. Bring to a simmer.

Place the onions in a blender. One at a time, carefully hold each head of garlic (they will be hot) over the blender and squeeze. The softened cloves should easily pop out of their skins and into the blender. Ladle the pea and broth mixture into the blender. Puree until smooth.

Return the soup to the saucepan over low heat.

Stir the creme fraiche, cilantro and lime juice into the soup.

Season with salt and pepper.

Per Serving (excluding unknown items): 163 Calories; 9g Fat (51.4% calories from fat); 7g Protein; 13g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 460mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.