

Cauliflower-Parmesan Soup with Garlic Bread Soldiers

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Servings: 4

1/2 medium head cauliflower, cut into one-inch pieces
1/2 yellow onion, diced
1 cup low-sodium chicken broth
1/4 cup Parmesan cheese, grated
freshly ground pepper
1/4 teaspoon Kosher salt
1 clove garlic, minced
1/4 cup (1/2 stick) unsalted butter, room temperature
2 Tablespoons parsley, finely chopped
1 loaf (14 ounce) finely braided challah bread, sliced one-inch thick

Preparation Time: 25 minutes

Preheat oven to 400 degrees.

In a medium saucepan, combine the cauliflower, onion and broth. Cover and bring to a boil over high heat. Lower the heat to a simmer. Cook, partially covered and stirring occasionally, until tender, about 10 minutes.,

Without draining, place the mixture in a blender. Carefully puree until smooth. Return to the saucepan. Stir in the Parmesan and season with pepper.

Using the flat side of a knife, smear the garlic and 1/4 teaspoon of salt together to form a paste. Place in a small bowl. Add the butter. Mash together with a fork. Stir in the parsley.

Using cookie cutters, cut the bread into shapes, if desired. Spread both sides of the bread with a thin layer of garlic butter. Arrange on a parchment-lined baking sheet. Toast until just golden on the bottom, 4 to 5 minutes. Flip and toast the other side for 2 to 3 minutes.

Serve the soup with the bread for dipping.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 91 Calories; 8g Fat (68.4% calories from fat); 5g Protein; 3g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 227mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	10.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	20.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	16mcg
Saturated Fat (g):	5g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Refuse:	0 0%
Carbohydrate (g):	3g		
Dietary Fiber (g):	1g		
Protein (g):	5g		
Sodium (mg):	227mg		
Potassium (mg):	117mg		
Calcium (mg):	84mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	9mg		
Vitamin A (i.u.):	352IU		
Vitamin A (r.e.):	74RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 91 **Calories from Fat:** 62

% Daily Values*

Total Fat 8g	12%
Saturated Fat 5g	23%
Cholesterol 19mg	6%
Sodium 227mg	9%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	3%
Protein 5g	
Vitamin A	7%
Vitamin C	16%
Calcium	8%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.