



GREEN GODDESS ASPARAGUS SOUP

1 medium onion, diced
1 tablespoon of extra-virgin olive oil
1 large bunch of asparagus, trimmed and chopped into 1-inch pieces (about 3 cups)
2 1/2 cups of low-sodium vegetable broth, divided
1/2 cup of soaked cashews (optional)
Juice of one medium lemon
1/4 teaspoon of fine sea salt Pinch of black pepper
2 tablespoons of fresh chopped chives
2 tablespoons of fresh chopped dill or tarragon
1/4 cup of fresh chopped basil
1/4 cup of fresh Italian parsley

In a large pot, heat the extra-virgin olive oil over medium-high heat. Add the diced onion and sauté until soft and translucent (5 to 7 minutes). Add in the chopped asparagus and sauté another 2 minutes.

Add 2 cups of vegetable broth to the pan and simmer over low- medium heat for 5 minutes, or until the asparagus is slightly tender. Remove from heat and allow to cool slightly.

In a blender, add the remaining 1/2 cup of vegetable broth, the lemon juice and the 1/2 cup of cashews. Blend for 1 minute, or until the mixture is smooth. Add in the onion/asparagus mixture with the broth. Purée for 30 seconds.

Add in the salt, pepper and fresh herbs. Blend another minute or so until the soup is creamy and smooth. Taste and season further if required. Reheat soup in same pot if desired, otherwise it's quite good at room temperature.

Serve with a crusty piece of bread.

Note: if you don't soak your cashews for at least 4 hours ahead of time, you can bring some water and the cashews to a gentle boil and cook for about 8 minutes.