Creamy Vegetable Chicken Soup  (Serves 4)

2 medium leeks, well washed, and white parts thinly sliced
1 TBSP. olive oil
3 large zucchini, washed and chopped
¼ c. chopped fresh basil
1 roasted or steamed red pepper, chopped
4 c. fresh spinach
12 oz. canned cooked white meat chicken
3 c. low fat, low sodium chicken broth

Heat oil in 3 quart saucepan.  Add leeks and sauté over medium heat until they’re soft but not brown.  Add in 2 c. of the stock and simmer.

In separate pan, cook zucchini in the remaining cup of stock for 8-10 minutes.  When it is tender, puree it with roasted pepper and fresh basil in blender.  Add to leeks.  Put half the spinach into the bubbling pot, bring to boil again; add remaining spinach and diced chicken.  Stir gently.  Cover and simmer for 5-7 minutes.  Serve.

Calories: 245
Total Fat:  10 g
Saturated:  2 g
Trans Fat:  0g
Cholesterol:  70 mg
Sodium:  316 mg
Carbs:  13
Fiber:  2 g
Sugars:  4 g
Protein:  29 g