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

1. Pour oil into a large saucepan over medium heat.
2. Remove fat from chicken breasts and cut chicken into ½ inch pieces.
3. Cook chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
4. Stir in salt, garlic powder, lemon zest, and ½ of the lemon juice.
5. Cut potatoes into ½ inch chunks, leaving the skin on.
6. Add potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
7. Stir in the milk.
8. Trim and cut asparagus into 1 inch pieces and add to mixture.
9. Simmer over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
10. 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.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky New Potatoes

SEASON: Late June-October.

NUTRITION FACTS: New potatoes are a good source of vitamins B and C, potassium, and complex carbohydrates. They do not contain fat, cholesterol, or sodium. There is only 70 calories in a ½ cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots, or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned, and small enough to serve whole.

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: New potatoes are best in dishes that call for boiled potatoes, as they will hold their shape. Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes growing should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

Source: www.fruitsandveggiesmatter.gov