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ROASTED CAULIFLOWER SOUP

Basic Lifestyle

Ingredients

3 pounds cauliflower florets (about 2 large heads)
2 TSP olive oil
1-1/2 TSP minced fresh thyme
1 TSP kosher salt
cooking spray
4 cups fat-free, lower-sodium chicken broth, divided
1-3/4 cups 2% reduced-fat milk
dash of finely ground black pepper
fresh thyme sprigs (optional)

Instructions

1. Preheat oven to 400°.
2. Combine florets and oil in a large bowl. Toss to coat. Add thyme and salt. Toss well. Arrange florets on a jelly-roll pan coated with cooking spray. Bake at 400° for 1 hour or until golden brown, stirring after 30 minutes.
3. Combine florets, 2 cups broth, and milk in a blender. Process 3 minutes or until smooth. Pour puréed mixture into a large saucepan. Add remaining 2 cups broth and pepper. Cook over medium heat until thoroughly heated. Garnish with fresh thyme sprigs, if desired.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 cup = 2 V