

## **Emerald Soup**

original recipe by Caitlin Brobst – Sr @ North Penn HS

### **Ingredients:**

1 tbsp extra virgin olive oil  
½ onion, finely chopped  
1 cup watercress, chopped  
1 head butter lettuce, cleaned and chopped  
1 cup spinach leaves, chopped  
1 cup arugula, chopped  
2 cloves garlic, chopped  
3 tbsp oat flour  
1 tsp grated lemon zest  
4 cups low sodium chicken or vegetable broth  
1 cup unsweetened coconut milk (or ½ cup coconut milk from can) Sea salt and pepper to taste  
minced chives or chopped parsley for garnish

In a large soup pot, heat olive oil over medium heat. Add onion until soft, about 5 mins. Add watercress, arugula, spinach, lettuce and garlic. Cook, stirring frequently until veggies are all wilted - about 3 mins.

Stir in flour, lemon zest, stock, salt and pepper, and bring to simmer. Remove from heat and let cool. Transfer to blender and blend until smooth (or use hand blender)

Return puree to pot and stir in coconut milk, and warm over low heat. Season to taste with sea salt and pepper. Serve with chives or parsley as garnish.