

## Cheddar Cauliflower Soup

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2 Tbls olive oil  
2 large leeks, thinly sliced & rinsed  
4 cups chopped cauliflower florets  
2 ½ cups skim milk, divided  
2 cups water  
1 bay leaf  
1 tsp salt  
½ tsp pepper (white or black)  
3 Tbls flour  
1 ½ cups shredded cheddar, extra sharp  
1 Tbls lemon juice



Heat oil in large saucepan over medium heat. Add leeks and cook, stirring, until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt & pepper. Bring to a boil over medium-high heat, stirring often. Reduce heat and simmer, cover & cook until cauliflower is soft, about 8 minutes.

Whisk remaining ½ cup milk with flour in a small bowl. When cauliflower is soft, remove bay leaf and stir in milk/flour mixture. Cook additional 2 minutes or until soup is thickened slightly. Remove from heat and stir in cheese & lemon juice.

Makes 8 1-cup servings

186 calories

11 g fat

13 g carbohydrates

2 g fiber

10 g protein