



Parsnip and apple soup

Louise Galen, WEST HOLLYWOOD, CA
SERVES 4 | 30 MINUTES

½ cup apple cider

½ cup half-and-half

3 cups reduced-sodium chicken broth

5 large parsnips (1 lb.), peeled and roughly chopped

2 leeks, white parts only, roughly chopped

2 shallots, quartered

3 Fuji apples (1½ lbs.), peeled, cored, and roughly chopped

½ tsp. kosher salt

¼ tsp. white pepper

About ¼ cup crème fraîche

Chopped chives

- 1. Pour** cider, half-and-half, and broth into a medium saucepan. Cover and bring to a boil over high heat. Add the vegetables and apples and cook, covered, until tender, about 15 minutes.
- 2. Purée** soup with salt and pepper until very smooth, using a hand blender (or regular blender, working in batches). Serve with a swirl of crème fraîche and chives.

PER SERVING 320 CAL., 30% (97 CAL.) FROM FAT; 8 G PROTEIN; 11 G FAT (6.2 G SAT.); 51 G CARBO (7.5 G FIBER); 605 MG SODIUM; 43 MG CHOL. **>90**