

## Puree makes eating veggies a snap

**I**t can be tempting to skip vegetables at lunch. Maybe you have healthy pasta leftovers, but no vegetables to serve on the side.

That batch of chicken breasts you grilled to last all week is protein-packed, but woman can-



**MICHELLE DUDASH**

HEALTHY DISH

not live on animal alone. And that all-natural frozen lunch — not a full serving of veggies

there.

But if you spend a little time on Sunday to whip up this “salad” puree, it’s very easy to grab a glass and take in more

than a cup of vegetables. To serve as a more refined soup, you can strain the puree, but you will lose a bit of the fiber.

*Michelle Dudash of Scottsdale is a registered dietitian, chef and author of “Clean Eating for Busy Families.” Find a link to her blog, Dudash’s Healthy Dish, at [azcvoices.com](http://azcvoices.com).*

### Spring Sugar Snap Pea Shooters

From Michelle Dudash

- 1 tablespoon extra-virgin olive oil
- 1 cup thinly sliced sweet onion
- 1 leek, white part only, thinly sliced
- 1 stalk celery, thinly sliced (about ½ cup)
- 3 cups sugar snap peas, broken in half
- 2 ¾ cups organic or reduced-sodium vegetable

- broth
- ¾ cup unsweetened or sweetened coconut milk beverage
- 1 cup baby spinach (for added color)
- ¼ cup basil or mint leaves, stems removed
- ¼ teaspoon salt
- Ground white/black pepper, to taste (use sparingly)
- 1 tablespoon plus 1 teaspoon fresh lemon juice

Heat a large pot on medium and add the oil. Add onion, leek and celery and cook gently without browning until softened, about 10 minutes. Add sugar snap peas and cook a few minutes longer, until peas turn bright green. Remove from heat and add broth, coconut milk, spinach, basil, salt and pepper. Puree in a blender in two batches and add lemon juice. Chill the puree quickly in an ice bath and refrigerate to chill completely. Enjoy within 5 days, serving with a lemon wedge, if desired.

Makes 6 servings

*Per serving, using unsweetened coconut milk: 77 calories, 3 g total fat (1 g saturated, 0 trans), 268 mg sodium, 0 cholesterol, 11 g total carbohydrate (2 g fiber), 2 g protein.*