



## Asparagus Soup



Packed with the summery flavors of asparagus, leeks and dill, this soup is perfect for a simple supper. This recipe comes to us from Veggi Rider, an illustrated cooking app featuring fun scenarios for each meal.

### Ingredients: (serves 4)

- 1 pound white asparagus or green asparagus
- 2 medium shallots
- 1 leek
- 1 tbsp butter
- 1 medium large potato
- 10 sprigs flat-leaf parsley
- 3 sprigs dill
- 1 cup milk
- 3 cups water
- 1/2 lemon

### Instructions:

**Together:** Wash and peel the white asparagus and trim off the ends. Or use green asparagus; these are ready to go without being peeled.

**Together:** Slice trimmed asparagus stalks into 1-inch pieces. Set aside.

**Together:** Trim, rinse and slice the leek. Peel and roughly chop the shallots.

**Adult:** Put a large pot over medium heat. Add the butter. Slowly melt. Add shallots and leek, sauté 3-4 min.

**Together:** Peel the potato. Cut into squares. Add potato and asparagus to the pot with leek and shallots.

**Kid:** Pick the leaves from 10 flat-leaf parsley sprigs. Pull out 3 sprigs of dill.

**Kid:** Roughly chop the fresh herbs.

**Together:** Add herbs to the pot. Pour in 3 cups water. Bring to a boil, cover and leave to simmer 20 minutes.

**Together:** Add 1 cup milk. Blend with an immersion mixer or let it cool a bit and transfer to a blender and blend until very smooth.

**Together:** Add salt & pepper to taste and squeeze of lemon juice to boost flavors. Enjoy!

# Food For Thought!

Imagine your mom saying 'Hey, it's time for dinner - time to jump in the soup!' If you're a duck, your mom might actually say that. These four ducklings swim and eat until their warm creamy soup is gone and they can walk on the bottom of the pond. If they're still hungry afterwards, there's some bread with mashed peas on the side. Lucky ducklings!

## DUCKLINGS DINNER



## Cooking Tip of the Week

and This recipe doesn't call for any salt and suggests adding a few shakes at the table. Since our preference for salty food is learned, serving children food low in salt is one more way to help them develop healthy eating habits.

## Conversation Starter

Would you rather be able to fly like a bird, or breathe underwater like a fish? Why?



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