

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Creamy Spinach Blender Soup

Serves: 4

Modified from: created by OSU Registered Dietitian, Mary Mosquera-Cochran

Items Needed: cutting board, chef's knife, measuring cups, measuring spoons

Ingredients:

- 2 ½ cups spinach, packed
- 4 cups water
- ¼ cup pistachios (shelled, unsalted)
- ½ avocado
- ½ cup cilantro, chopped
- Juice of 1 lime
- ½ teaspoon salt

Directions:

1. Add pistachios, avocado, spinach and cilantro to your blender.
2. For a hot soup, boil water and add 4 cups to the blender. For a chilled soup, add 4 cups cold water to the blender.
3. Blend on high until ingredients are combined and soup is creamy.
4. Add up to ½ teaspoon salt, blend to combine and season to taste.
5. Serve and enjoy!

Nutrition Information (per 1 cup):

Calories: 100 Fat: 7 g Carbs: 5 g Protein: 3 g Fiber: 3 g Sodium: 300 mg