



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **BROCCOLI-SPINACH SOUP WITH AVOCADO TOASTS**

Serves 4

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- 1 Tablespoon olive oil, plus more for drizzling
  - 1 leek, white and pale green parts thinly sliced
  - 4 cups low-sodium chicken stock or water
  - Coarse salt and freshly ground pepper
  - 1 bunch broccoli, chopped (6 cups)
  - 6 ounces baby spinach (6 cups)
  - 1/3 cup freshly grated Parmesan
  - 2 tablespoons tahini
  - 4 slices rustic bread, toasted
  - 2 avocados, sliced
  - 1 lemon, cut into wedges
- Heat oil in a medium saucepan over medium-high heat. Add leek and cook, until tender – about 4 minutes. Add stock; bring to a boil. Add broccoli and cook, covered until bright green and tender, about 2 minutes.
  - Remove from heat. Stir in spinach, Parmesan, and tahini. Let cook slightly. Season with salt and pepper.
  - Working in batches, puree soup in a blender until smooth.
  - Top bread with avocado and radish sprouts. Season with salt and pepper, squeeze with lemon and drizzle with oil.