

Leek, Potato and Asparagus Soup

- 1 tablespoon extra-virgin olive oil
- 2 medium leeks, trimmed, washed and finely chopped (1 1/2 cups)
- 2 cloves garlic, minced
- 1/2 pound new potatoes, scrubbed and diced (about 1 2/3 cups)
- 2 cups reduced-sodium chicken broth, or vegetable broth
- 1 pound fresh asparagus, trimmed and cut into 1/2-inch pieces (1 1/2-2 cups)
- 2/3 cup snow peas, or sugar snap peas, stemmed and cut into 1/2-inch dice
- 3 tablespoons chopped fresh chives, divided
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 2 teaspoons chopped fresh flat-leaf parsley
- 2 cups 1% milk
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 1/3 cup low-fat plain yogurt, for garnish

1. Heat oil in a large saucepan over medium-low heat. Add leeks and cook, stirring often, until softened but not browned, about 5 minutes. Add garlic and cook, stirring, for 1 minute.
2. Add potatoes and broth; bring to a simmer over medium-high heat. Cover and reduce heat to medium-low. Simmer, stirring occasionally, until the potatoes are tender, 10 to 15 minutes.
3. Increase heat to medium-high and stir in asparagus and peas; simmer, covered, stirring 2 or 3 times, until just tender, 3 to 4 minutes. Remove from heat; stir in 1 tablespoon chives, parsley, dill and parsley. Use an immersion blender or transfer the soup to a blender carefully and blend until smooth.
4. Return the soup to the pan. Add milk and bring to just below a simmer, stirring, over medium heat. Season with salt and pepper. Ladle into soup bowls. Garnish each serving with a dollop of yogurt, a sprinkling of the remaining chopped chives and some fresh parsley.

