

## KALE SOUP-Janet Lyon

1 medium onion, chopped  
2 cloves garlic, chopped  
1 tsp olive oil  
4 cups chicken broth  
2 large potatoes, peeled and diced  
salt/pepper  
1 med bunch kale, ribs removed, rinsed and chopped

saute onion, garlic, potatoe in olive oil, until tender.  
Add chicken broth and cook in medium heat until the potatoes are almost done. abt 15 minutes. Add kale, continue cooking abt 10 min.  
Blend, in blender, return to pan and add salt and pepper.

1 cup is about 90 calories. Kale is high in vitamins and iron.