

## Spinach Soup with Lemon and Coriander

Makes about 6 cups, or 4 servings

- 1½ tablespoons olive oil
- ½ teaspoon salt
- Freshly ground black pepper
- ¾ teaspoon whole coriander seed
- 2 cups diced spring onions or scallions
- ⅓ cup peeled and finely diced Russet potato
- 1 pound spinach, washed, and large stems removed
- 2–3 cups water or broth
- Juice from ½ of a small lemon
- Plain yogurt
- Toasted cumin seed



### Directions

Heat the olive oil in a saucepan over medium high heat and add the salt, pepper, and coriander seed. Toast for about 15 seconds, or until the coriander becomes fragrant. Add the onions and potato and lower the heat to medium. Sauté until the onion and potato are soft. Add the spinach and 2 cups water or broth, and simmer until the spinach is tender.

Place the soup in a blender with the lemon juice and blend until smooth.

Adjust salt, pepper, and lemon. Serve with a dollop of yogurt and toasted cumin seed for garnish.

### NUTRITION INFORMATION PER

#### 1½ CUP SERVING:

Calories	93
Protein	4 g
Carbohydrates	10 g
Fiber	3 g
Fat	6 g
Sodium	380 mg
Potassium	740 mg

Cost per serving: \$1.50

For more healthy recipes, visit [YRMCHHealthConnect.org](http://YRMCHHealthConnect.org)



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