

Lemon Artichoke Soup

This delicious summer soup uses cauliflower to make a creamy soup without the cream!

Ingredients

2 Tbsp ghee (healthy alternative to butter)
1/2 onion, chopped
2 celery stalks, chopped
2-3 cloves garlic, minced
1 quart chicken or vegetable broth
2 cans (or frozen packages) artichoke hearts, chopped
1 head of cauliflower
Juice of 1/2 -1 lemon
1 tsp dried tarragon (optional)
salt and pepper to taste

Directions

Heat ghee in large pot over medium heat. Sauté chopped onion, celery and garlic until soft. Add cauliflower and 1 cup of the chicken/veggie broth; cover to steam the cauliflower.

Once the cauliflower is tender, add remainder of the chicken/veggie broth. Add artichoke hearts and simmer 10 minutes. Puree soup in pot with an immersion blender. (You can also pour the soup into a blender or a bowl and use a hand mixer to blend, then return soup to pot.)

Add lemon juice (and tarragon if desired) and continue heating until serving temperature. Season with salt and pepper to taste.

Summer Salad

Ingredients

- 1 bunch broccoli rabe
- 1 15-ounce can chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, diced
- 2 Tbs Dijon mustard
- 2 Tbs extra virgin, cold pressed olive oil
- 2 Tbs lemon juice
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions

Wash and remove stems from the broccoli rabe. Tear into bite-sized pieces, then blanch on top of stove until just tender, about one minute. Drain and pat leaves dry.

Combine broccoli rabe, chickpeas, cucumbers, tomatoes, and red onion in a bowl.

In a small bowl, mix mustard, olive oil, lemon juice, salt, and pepper until well combined. Pour mixture over salad, toss until coated, and enjoy at room temperature.

Can be stored in fridge or one week.