



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	200
% Daily Value	
Total Fat	9g14%
Saturated Fat	2g10%
Cholesterol	mg0%
Sodium	1290mg54%
Total Carbohydrate	19g6%
Dietary Fiber	3g12%
Protein	11g22%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté asparagus in olive oil for 2 to 3 minutes or until starting to soften.
3. Stir asparagus, peas and pesto into soup; bring to simmer. Cook for about 5 minutes or until asparagus is tender; stir in lemon juice.



Tip

For each portion, ladle 1 1/3 cups (330mL) into bowl; garnish with 1 tbsp (15 mL) Parmesan cheese and 1 tsp (5 mL) chives.