

G O O P



DETOX

Broccoli and Arugula Soup

ingredients

- 1 tablespoon olive oil
- 1 clove garlic, thinly sliced
- 1/2 yellow onion, roughly diced
- 1 head broccoli, cut into small florets (about 2/3 pound)
- 2 1/2 cups water
- 1/4 teaspoon each coarse salt and freshly ground black pepper
- 3/4 cup arugula (watercress would be good, too)
- 1/2 lemon

preparation

Heat the olive oil in a medium nonstick saucepan over medium heat. Add the garlic and onion and sauté for just a minute or until fragrant. Add the broccoli and cook for four minutes or until bright green. Add the water, salt and pepper, bring to a boil, lower the heat and cover. Cook for eight minutes or until the broccoli is just tender. Pour the soup into a blender and puree with the arugula until quite smooth. Be very careful when blending hot liquids; start slowly and work in batches if necessary (you don't want the steam to blow the lid off). Serve the soup with a bit of fresh lemon.