Corn & Tomatillo Soup

Makes 8 servings

Each serving equals 1 cup of fruit or vegetables

Ingredients

1½ cup tomatillos  
1½ cup onion, chopped  
2 garlic gloves, diced  
1 tsp margarine  
3¾ cup whole kernel corn  
1 cup frozen peas  
4 cups low sodium chicken broth  
1 Tbsp cilantro, chopped  
4 oz diced green chilies  
¼ cup spinach, chopped  
1 tsp sugar

Sauté tomatillos, onion and garlic in with margarine for five minutes.

Remove to food processor and add peas and cilantro. Puree to chunky.

Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.