# AMERICAN EGG BOARD

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| **ASPARAGUS SOUP WITH FRIED EGG BAGUETTE** |

**Prep Time: 15 minutes**

**Cook Time: 10 minutes**

**Makes: 6 servings**

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| **WHAT YOU NEED** |

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| **2-1/2** | **cups ready-to-serve reduced fat chicken broth** |
| **1** | **lb. asparagus, trimmed, cut into 1-1/2-inch pieces** |
| **1/3** | **cup chopped onion** |
| **1-1/2** | **cups fat-free half-and-half** |
| **4** | **oz. Neufchâtel cheese OR cream cheese, softened** |
| **6** | **slices French bread, toasted (1/2-inch thick)** |
| **6** | **FRIED EGGS** |

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| **HERE'S HOW** |

1. **HEAT** broth in large saucepan to simmering. **ADD** asparagus and onion. Bring to a boil and cook until asparagus is tender, about 5 to 7 minutes. **STIR IN** half-and-half and cheese; cook over low heat until cheese is melted.
2. **LADLE** soup into 6 small bowls. **top** with toast and fried egg. Serve immediately.

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| **ENJOY** |

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| **INSIDER INFORMATION** |

**For Sunny-Side-Up Fried Eggs: COAT** nonstick skillet with cooking spray. **HEAT** skillet over medium-high heat until hot. **BREAK** eggs and **SLIP** into pan, one at a time. **IMMEDIATELY** reduce heat to low. **COVER** pan and **COOK** **SLOWLY** until whites are completely set and yolks begin to thicken but are not hard, 5 to 6 minutes. **SPRINKLE** with salt and pepper.

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| **NUTRITION INFORMATION** |

**Nutrition information per serving (1/6 of recipe):** 259 calories; 9 g total fat; 4 g saturated fat; 1 g polyunsaturated fat; 3 g monounsaturated fat; 199 mg cholesterol; 840 mg sodium; 29 g carbohydrate; 2 g dietary fiber; 15 g protein; 971.0 IU Vitamin A; 43.1 IU Vitamin D; 118.7 mcg folate; 149.8 mg calcium; 3.8 mg iron; 153.9 mg choline.

This recipe is an ***excellent* source** of protein, folate, iron, choline, and a ***good* source** of Vitamin A, Vitamin D, and calcium.