



Webinar Series Recipes

Summer Pistou Soup

Serves 4

- 1 Tablespoon extra-virgin olive oil or avocado oil
- 4 leeks, thinly sliced, white and light green parts only
- 2 tablespoons minced garlic, about 6 cloves
- 2 medium carrots, diced
- 2 sprigs of fresh thyme
- 8 cups vegetable or chicken stock, preferably homemade or low sodium
- 2 medium zucchini or crookneck squash, diced
- ½ pound green beans, cut into bite-size pieces
- 1 ½ cups cooked cannellini or white navy beans, or 14 oz (400 g) can, drained and rinsed
- 1 cup fresh or frozen peas
- 1 cup short dry wholewheat pasta, such as orzo, vermicelli, elbows, or shells
- Salt and pepper as needed

For the pistou (makes about 1 cup)

- 1 large clove of garlic, peeled
- 2 cups packed fresh basil leaves, chopped
- 1 small Roma tomato, peeled, seeded and diced
- 1 ½ oz finely grated Parmigiano-Reggiano cheese
- ¼ cup extra-virgin olive oil, more oil as needed or water
- Salt, as needed

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1. In a small bowl, combine the garlic with oil, lemon juice, lemon zest, salt, and pepper, and mix well to combine.
2. Place kale leaves in a large mixing bowl and drizzle lemon dressing over the top. Using your hands, squeeze the kale, “massaging” it with the dressing for 2-3 minutes or until the kale is tender.
3. Allow the kale to sit for a few minutes, then toss with your remaining ingredients and serve.

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