

# HEALTHY HOLIDAY

## *Hor d'Oeuvres*

(ALL LESS THAN 100 CALORIES)



### **WHITE-BEAN SOUP SHOOTERS W/BACON**

28 calories | 1g fat | 1.5g protein | 50 mg sodium

#### Ingredients:

1/2 strip bacon, diced  
1 tbsp extra-virgin olive oil  
1 tbsp unsalted butter  
2 shallots, chopped  
2 15oz. cans cannellini  
or other white beans, drained  
and rinsed  
6 leaves fresh sage, chopped  
4 cloves garlic, chopped  
3 cups low-sodium chicken broth  
1/2 cup heavy cream  
1/4 tsp cayenne pepper  
Kosher salt  
Freshly ground black pepper

Fry the bacon in a med. sauce pan over med. heat until halfway done (3 minutes). Add the olive oil, butter, shallots and saute until soft (6 minutes). Add the beans, sage, garlic, and broth, bring to a simmer and cook 15 more minutes.

Transfer the mixture to a blender or food processor in three batches and puree until smooth. (Hot liquids are prone to explode when whipped.) Return the pureed soup to the pan and add the cream, cayenne, and salt to taste. Keep warm.

To serve, ladle soup into shot glasses and sprinkle with black pepper.

