

# upclose & tasty

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## *Potato and Kale Soup with Lemon and Feta* *Inspired by my Mom*

### **Ingredients**

*2 tablespoons extra-virgin olive oil*  
*1 medium yellow onion, chopped (1 cup)*  
*2 cloves garlic, minced*  
*4 cups reduced-sodium chicken broth*  
*1.5 pounds Yukon gold potatoes, chopped (4 cups)*  
*2 cups coarsely chopped kale or spinach*  
*1 teaspoon chopped fresh oregano*  
**Note:** *If using dry oregano, reduce amount to 1/4 teaspoon*  
*1 lemon, zested and juiced*  
*2 ounces feta cheese, crumbled*  
*Rock cabbage microgreens for garnish*

### **Preparation**

- 1. Heat 1 tablespoon of the oil in a Dutch oven over medium-high heat.*
- 2. Add onions and garlic and cook and stir for 2 minutes or until tender.*
- Note:** *Be careful not to burn the garlic.*
- 3. Stir in broth and potatoes.*
- 4. Bring to boiling; reduce heat.*
- 5. Cover and cook for 15-20 minutes or until potatoes are tender.*
- 6. Stir in kale/spinach and oregano.*
- 7. Cover and cook for 2 to 3 minutes or until kale has wilted.*
- 8. Remove from heat and stir in lemon juice and remaining olive oil.*
- 9. Add zest a little at a time, to taste.*
- 10. Let stand 10 minutes.*
- 11. Season to taste with salt and pepper.*
- 12. Top with feta cheese and additional lemon zest, if desired.*

**Enjoy!**