

SPRING CHICKEN and SNAP PEA SOUP

SERVES 4 (MAKES 7½ CUPS)

45 MINUTES

Tender-crisp peas add a bright bite to this comfort food staple. Serve with warm biscuits.

6½ to 8 cups reduced-sodium chicken broth
1½ lbs. bone-in chicken breast halves (about 2 small), skinned
4 green onions, thinly sliced
1 cup carrots, cut into matchsticks
4 oz. dried pappardelle pasta, broken into 2-in. pieces
½ cup whipping cream
2 cups sugar snap peas, strings removed (see "Prep," page 85), cut diagonally in half
¼ cup chopped flat-leaf parsley
½ tsp. each kosher salt and pepper
2 tbsp. chopped fresh tarragon leaves

1. Bring 6½ cups broth to a simmer in a medium pot over high heat. Add chicken, cover, and reduce heat to maintain a very gentle simmer. Poach until chicken is cooked through, 25 to 30 minutes. Transfer chicken to a plate; let cool slightly.
2. Add green onions and carrots to broth, increase heat to medium, and simmer until green onions are just tender, 4 to 5 minutes. Add pasta and simmer until just tender, 6 to 8 minutes. Meanwhile, shred chicken from bones.
3. Stir chicken, cream, snap peas, parsley, salt, and pepper into soup. Remove from heat and let stand a couple of minutes until snap peas are bright green. Add more broth if you like. Stir in tarragon and ladle into bowls. □

PER SERVING (ABOUT 2 CUPS) 425 Cal., 29% (123 Cal.) from fat; 42 g protein; 14 g fat (6.3 g sat.); 33 g carbo (3.8 g fiber); 589 mg sodium; 150 mg chol. 1C

