

More and more Americans are using milk in their recipes  
– it's packed with nutrients and adds  
great flavor to your favorite dishes

### Fennel-Cannellini Soup

SOUP (SERVES 4-6)

8 unpeeled garlic cloves  
1 to 2 tablespoons olive oil  
2 onions, chopped  
2 leeks, chopped and washed well  
2 fennel bulbs, chopped  
3 cups chicken broth  
One 19-ounce can cannellini beans, drained  
1 cup fat-free or 1% lowfat milk  
Fresh lemon juice, to taste  
Snipped chives, to taste  
Fresh-grated Parmesan, to taste

Preheat oven to 375° F.

Wrap the garlic cloves in aluminum foil and roast in the oven until softened, about 20 minutes. When cool enough to handle, squeeze the garlic from the peels. Mash the garlic with a fork. In a large saucepan, heat the oil over moderate heat. Add the onions, leeks and fennel and cook, stirring occasionally, until the vegetables are caramelized, about 15 minutes. Add the chicken broth, cannellini beans and roasted garlic and simmer 15 to 20 minutes. Let the soup cool slightly and then purée in batches in a blender. Return the soup to the saucepan, add the milk and lemon juice, salt and pepper to taste, and reheat the soup. Garnish the soup with chives and Parmesan cheese.

**SHELLY BORRELL**  
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On Monday nights, Shelly and her friends get together to watch *Melrose Place* and test out new recipes. Her Fennel-Cannellini Soup recipe was thrown together with things found in her kitchen, including the beans, which she used as a thickening agent, and the milk, which is always on hand. Although not a trained chef, Shelly loves to experiment with dishes and calls cooking her "creative outlet." Shelly drinks about a gallon of milk a week, noting, "I have always loved milk. It is a good addition to recipes. And nothing is better than a cold glass of milk."



# MILK

Where's your mustache?"