



Velvety Squash Soup

Makes 10 servings. Serving size 1 cup. Recipe from Cooking Light.

Ingredients

1 (3-pound) butternut squash
1 (2-pound) acorn squash
Cooking spray
2 cups coarsely chopped onion
2 teaspoons canola oil
5 cups fat-free, less-sodium chicken broth
2/3 cup apple cider
2 tablespoons molasses
1 teaspoon curry powder
3/4 teaspoon salt
1/8 teaspoon ground red pepper
2/3 cup half-and-half
Chopped fresh thyme (optional)
Yogurt (optional)
Ground Peppercorns (optional)

Nutritional info per serving

Calories: 310
Total fat: 6g
Cholesterol: 12mg
Sodium: 836mg
Total Carbs: 65g
Dietary Fiber: 8g
Protein: 6g

Directions

1. Preheat oven to 425°F.
2. Cut each squash in half lengthwise; discard seeds and membranes. Place squash, cut sides down, on a jelly-roll pan coated with cooking spray.
3. Combine onion and oil, tossing to coat. Spread onion mixture onto pan around squash. Bake at 425° for 45 minutes or until squash and onion are tender. Cool slightly. Scoop out squash pulp from skins; discard skins.
4. Place onion and squash pulp in a Dutch oven. Stir in broth and the next 5 ingredients (through pepper); bring to a boil. Reduce heat; simmer 5 minutes.
5. Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining squash mixture. Return pureed mixture to pan; stir in half-and-half. Cook over medium heat 5 minutes or until thoroughly heated.
6. Garnish with thyme, if desired.