

Butternut Squash Soup with Toasted Walnuts

Yield

8 servings

JOHN DES ROSIERS JOHN DES ROSIERS October 2005

COOKING LIGHT

This soup's delicious taste and creamy texture belie its simple preparation. Roasting the squash creates browned edges for a richer flavor.

Ingredients

8 cups (1-inch) cubed peeled butternut squash (about 2 1/4 pounds)

1 1/2 teaspoons olive oil

3/4 teaspoon salt, divided

1/2 teaspoon freshly ground black pepper, divided

Cooking spray

4 cups warm 2% reduced-fat milk, divided

1 (14-ounce) can fat-free, less-sodium chicken broth, divided

1/4 cup chopped walnuts, toasted

How to Make It

Step 1 Preheat oven to 400°.

Step 2 Combine squash, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper on a foil-lined baking sheet coated with cooking spray. Bake at 400° for 45 minutes or until tender. Place half of squash, half of milk, and half of broth in a blender; process until smooth. Pour pureed mixture into a large saucepan. Repeat procedure with remaining squash, milk, and broth. Cook over medium heat 5 minutes or until thoroughly heated (do not bring to a boil). Stir in remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Ladle 1 cup soup into each of 8 bowls; sprinkle each serving with 1 1/2 teaspoons nuts.

Nutritional Information

Calories 204, Calories from fat 26%,
Fat 5.9g, Satfat 1.9g, Monofat 1.7g,
Polyfat 2.1g, Protein 7.5g,
Carbohydrate 34.7g, Fiber 5.3g,
Cholesterol 9mg, Iron 2mg,
Sodium 370mg, Calcium 271mg.