

VitaMin

Vital health information in a minute



Photo: Becky Luigart-Stayner

ROASTED BUTTERNUT SQUASH AND SHALLOT SOUP

Yield: 6 servings (serving size: 2/3 cup soup and 1 teaspoon chives)

Ingredients

- 4 cups (1-inch) cubed peeled butternut squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 4 large shallots, peeled and halved
- 1 (1/2-inch) piece peeled fresh ginger, thinly sliced
- 2 1/2 cups fat-free, less-sodium chicken broth
- 2 tablespoons (1-inch) slices fresh chives
- Cracked black pepper (optional)

Source: Printed with permission of *Cooking Light*, November 2008

Preparation

1. Preheat oven to 375°.
2. Combine first 5 ingredients in a roasting pan or jelly-roll pan; toss well. Bake at 375° for 50 minutes or until tender, stirring occasionally. Cool 10 minutes.
3. Place half of squash mixture and half of broth 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 saucepan. Repeat procedure with remaining squash mixture and broth. Cook over medium heat 5 minutes or until thoroughly heated. Top with chives and pepper, if desired.

Nutritional Information

Amount per serving

- Calories: 112
- Calories from fat: 20%
- Fat: 2.5 g
- Saturated fat: 0.4 g
- Monounsaturated fat: 1.7 g
- Polyunsaturated fat: 0.3 g
- Protein: 3.3 g
- Carbohydrate: 22.4 g
- Fiber: 3.6 g
- Cholesterol: 0.0 mg
- Iron: 1.6 mg
- Sodium: 266 mg
- Calcium: 84 mg

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