



Butternut Squash Bisque

8 to 10 servings

1 Tbsp. olive oil
2 to 3 pounds butternut squash, peeled and diced into 1 inch chunks
3 large carrots, chopped
1 medium onion, chopped
1 Tbsp. ginger, minced
2 quarts vegetable stock or cold water
2 Tbsp. grated orange zest (optional)
1 bunch parsley, cleaned and chopped (or ¼ cup dried)
Pinch ground nutmeg
Salt and freshly ground pepper to taste

- Heat the olive oil over medium heat in a large saucepot.
- Sauté the squash, carrots, onion and ginger for 3 minutes, until lightly browned
- Add stock and orange zest and bring to a boil.
- Lower heat to simmer and cook UNCOVERED for 35 to 40 minutes, until vegetables are tender.
- Add the parsley, nutmeg and salt and pepper.
- Puree the soup in a blender or food processor or using a handheld immersion blender until smooth and creamy.

Serve with a dollop of plain fat free yogurt (optional).

Recipe adapted from: *The Whole Foods Market Cookbook*

Nutritional Information:

Calories: 50	Total fat: 1g
Saturated fat: 0g	Carbohydrates: 11g
Fiber: 3g	Protein: 1g