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Butternut Squash Soup

This creamy butternut squash soup features pureed butternut squash, carrot and onion and showcases the rich, sweet flavor of this winter squash.

CookingLight

- **Yield:** 4 servings (serving size: about 1 cup soup and 1 toast)

Ingredients

Soup:	1/4 cup half-and-half
1 tablespoon butter	1/8 teaspoon salt
3 1/2 cups cubed peeled butternut squash (about 1 1/2 pounds)	Toasts:
3/4 cup chopped carrot	4 (1-ounce) slices French bread
1/2 cup chopped sweet onion	3 ounces thinly sliced Swiss cheese
2 1/2 cups fat-free, less-sodium chicken broth	

Preparation

1. To prepare soup, melt butter in a large saucepan over medium-high heat. Add squash, carrot, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt.
2. Preheat broiler.
3. Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
4. To prepare toasts, arrange French bread on a baking sheet. Broil for 1 minute or until lightly toasted. Turn bread over, and top evenly with Swiss cheese. Broil for 1 minute or until bubbly. Serve toasts with soup.

Nutritional Information

Amount per serving						
Calories 297	Fat 10.7 g	Satfat 6.7 g	Monofat 2.3 g	Polyfat 0.4 g	Protein 11.8 g	Carbohydrate 42.4 g
Fiber 4.9 g	Cholesterol 33 mg	Iron 2.3 mg	Sodium 645 mg	Calcium 315 mg		

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