

Butternut Squash Bisque

- 1 tablespoon olive oil or butter
- 2-3 pounds butternut squash, peeled and diced into 1-inch chunks
- 3 large carrots, chopped
- 1 medium onion, chopped
- 1 tablespoon minced fresh ginger (1-inch piece)
- 2 quarts vegetable stock or cold water
- 1/8 cup grated orange zest
- 1 bunch parsley, chopped
- Pinch of ground nutmeg
- Salt and freshly ground white pepper to taste

Heat the olive oil or butter over medium heat in a large saucepot.

Sauté the squash, carrots, onion, and ginger for 3 minutes, until they are lightly browned.

Add the stock or water and orange zest, and bring to a boil.

Lower to a simmer and cook uncovered for 35 to 40 minutes, until the vegetables are tender.

Add the parsley, nutmeg, and salt and pepper.

Puree the soup with a handheld immersion blender or in a food processor until smooth and creamy.

Per 1 cup serving: 50 calories, 0 grams fat, 11 grams carbohydrate, 0 mg cholesterol, 265 mg sodium when using 1 quart water and 1 quart vegetable stock

This recipe is from *The Whole Foods Market Cookbook*, the “Cookbook of the Quarter”, available at Barnes & Noble.

This is a very simple and delicious recipe to cook on a cold winter day. The recipe was tested using 1 quart of vegetable stock and 1 quart of water to decrease the amount of sodium and still give the soup flavor. Usually bisque soups have cream giving the soup a rich texture. Pureeing the squash and carrots create that same creamy texture without any fat. The handheld immersion blender is much easier to use than a food processor to blend the soup and cuts down on cleaning. The minced ginger and carrot zest gives a fresh taste that can be enjoyed in the summer months as well.

We hope you have a wonderful holiday season that is filled with love, family, and laughter.

Your Partners in Health,
Laura and Candace