

## Butternut Squash Soup with Toasted Walnuts

8 cups (1-inch) cubed peeled butternut squash (about 2 ½ pounds)  
1 ½ tsp olive oil  
¾ tsp salt, divided  
½ tsp fresh ground black pepper, divided  
Cooking spray  
4 cups warm 2% milk, divided  
1 (14-oz) can fat free, less sodium chicken or veggie broth, divided  
¼ cup chopped walnuts, toasted

Preheat oven to 400 degrees

Combine squash, oil, ¼ tsp salt, and ¼ tsp pepper on foil-lined baking sheet coated with cooking spray. Bake at 400 degrees for 45 minutes or until tender. Place half of the squash, half of the milk and half of the 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 ½ tsp salt and remaining ¼ tsp pepper. Ladle soup into bowls sprinkling 1 ½ tsp nuts per cup of soup.

Makes 8 (1 cup) servings

Calories: 204

Fat: 5.9 gm (1.9 sat, 1.7 mono, 2.7 poly)

Protein: 7.5 gm

Carbohydrate 34.7 gm

Fiber: 5.3 gm

Cholesterol: 9 gm

Sodium: 9 mg

Count as 1 ½ starches, ½ milk, 1 fat

Cooking Light Oct 2005

From [www.cookinglight.com](http://www.cookinglight.com)

Check out their other butternut squash soups too (9 in all). Some add garlic, onion, dark beer, sherry, curry, ginger, cumin. They ALL looked great! It was hard for me to decide.