



ROASTED BUTTERNUT SQUASH & SHALLOT SOUP

Final Lifestyle

INGREDIENTS

4 cups (1-inch) cubed peeled butternut squash (about 1 1/2 pounds)
1 TBS olive oil
1/4 TSP salt
4 large shallots, peeled and halved
1 (1/2-inch) piece peeled fresh ginger, thinly sliced
2 1/2 cups fat-free, lower-sodium chicken broth {Check for Gluten}
2 TBS chopped fresh chives
Cracked black pepper (optional)

INSTRUCTIONS

—Preheat oven to 375°.

—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.

—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.

SERVING INFO: (Yields 6 servings):

1 cup soup + 1 TSP chives = 2 V