

Butternut Squash Bisque



Photo by Cathy Mazanec

Ingredients

- 1 large butternut squash peeled and cubed or 1 (32-oz) container pre-cut butternut squash
- 1 small to medium Vidalia onion – diced fine
- 1 (32-oz) box fat free vegetable or chicken broth
- 8 oz. lite coconut milk
- $\frac{1}{8}$ tsp. ground nutmeg
- $\frac{1}{8}$ tsp. cinnamon
- $\frac{1}{8}$ tsp. sage

Directions

- Place butternut squash and onion in a sauce pan with vegetable or chicken broth.
- Bring to a boil, lower heat and add coconut milk. Simmer until squash is tender, about 15 minutes.
- Let it cool a bit then transfer to blender to puree. Or, use a handheld emersion blender directly in the sauce pan. (I highly recommend buying an emersion blender. It is an awesome tool!)
- Add nutmeg, cinnamon and sage. Taste for desired seasoning.
- Serve warm, topped with caramelized onions, if desired. See recipe below.

Serves 6

Note: I prefer the taste of the chicken broth over the vegetable broth for this recipe. The flavor is more subtle. Vegetable broth does provide a vegetarian/vegan option, however.

Nutrition Info per Serving (without caramelized onions): Cal: 100, Pro: 3gm, Carb: 20gm, Fiber: 3gm, Total Fat: 2gm, Sat. Fat: 2gm, Trans Fat: 0gm, Sodium: 310mg, Cholesterol: 0mg

Caramelized Onions

Ingredients

- 1 large Vidalia onion – diced
- 1 clove garlic – minced
- ¼ tsp. Lawry's® Seasoning Salt
- 2 tsp. extra virgin olive oil
- 3 Tbsp. white wine

Directions

- Spray skillet with vegetable cooking spray. Add olive oil and heat on medium-high heat.
- Add onion, garlic and seasoning salt. Sauté until onions are clear, about 3 minutes.
- Add white wine and continue sautéing until wine has evaporated and onions become brown and caramelized, about 3 – 5 minutes. Stir often.

Makes 6 servings

Nutrition Info per Serving: Cal: 30, Pro: 0gm, Carb: 3gm, Fiber: 0gm, Total Fat: 1.5gm, Sat. Fat: 0gm, Trans Fat: 0gm, Sodium: 65mg, Cholesterol: 0mg