

Roasted Butternut Squash Soup

Butternut squash has a naturally, creamy consistency that blends into a thick and hearty soup without adding excess fat or cream. Make it fun for kids by topping it with plain, unbuttered popcorn!

Serves 6

Ingredients

- 1 medium butternut squash, (about 2 1/4 pounds), peeled and cubed
- 1 tablespoons olive oil
- 1 spring of rosemary, chopped into three pieces
- 1 tablespoon butter
- 1 large leek, washed well and chopped (about 1 cup)
- 3 cups fat-free, reduced sodium chicken or vegetable broth
- 1/2 cup sherry or dry white wine
- Small bunch of fresh sage leaves, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup low-fat sour cream for garnish

Directions

Preheat oven to 400° F. In a large bowl, mix squash with rosemary and season with salt and pepper. Line a large cook sheet with parchment paper or aluminum foil and coat with a thin layer of cooking spray. Spread out the squash and coat the top with another thin layer of cooking spray. Bake 45-50 minutes until it is fork tender (This step can be done the night before. Once the squash has cooled, store in the fridge overnight).

In a large stockpot, heat the butter over medium heat and add the leeks. Continue to sauté the leeks, stirring occasionally until they become translucent (about 5-6 minutes). Increase the heat to high and add the squash, broth, and sherry or wine. After the mixture comes to a boil, immediately reduce the heat to low and simmer 20-25 minutes until the squash begins to break apart.

Meanwhile, in a small skillet, heat the remaining tablespoon of olive oil over high heat. Toss in the sage stirring continuously until the leaves turn dark green and become crispy. Transfer to a paper towel to drain off the excess oil.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!

When you are ready to serve the soup, puree it with an immersion blender or in a food processor until it has a smooth, creamy consistency. Season soup with additional salt and pepper and ladle into warm soup bowls. Garnish with sage and top with sour cream.

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