

Zucchini Soup

Marjorie Pipkin

St Timothy's - Hale Schools - Raleigh, NC - 1976

5 medium zucchini or yellow squash

2 tablespoons butter

2 cans (13-3/4 ounce ea) chicken broth

1 cup light cream or half-and-half

1 medium onion, chopped

1 teaspoon salt

1/8 tablespoon pepper

1/4 teaspoon nutmeg

In a saucepan, saute' the onions until limp. Add the zucchini and broth. Cook for 15 minutes.

Cool slightly.

Place the mixture in a blender. Pulse until smooth.

Chill.

Before serving, stir in the light cream, salt, pepper and nutmeg.

Per Serving (excluding unknown items): 327 Calories; 26g Fat (71.5% calories from fat); 11g Protein; 12g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 3896mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat.