

Gingery Acorn Squash Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

1 1/2 pounds acorn squash
2 teaspoons unsalted butter
1 small onion, finely chopped
1 clove garlic, finely chopped
1 small carrot, very thinly sliced
1 1/2 cups unsalted chicken stock
1/4 cup low-fat milk
1/2 teaspoon ground ginger
1/4 teaspoon salt
1/8 teaspoon white pepper
1 teaspoon toasted sesame seeds
(optional)

Preparation Time: 15 minutes

Put the squash in a shallow 8x10-inch glass baking dish and microwave it on HIGH for 30 seconds. Remove the squash from the oven. When the squash is cool enough to handle, cut off the stem then halve the squash lengthwise. Spoon out the seeds and place the squash halves, cut sides down, in the dish. Cover the dish with heavy-duty plastic wrap and microwave the squash on HIGH for 7 minutes. Let the squash stand, covered, for 5 minutes.

Put the butter in a bowl and cover the bowl with plastic wrap or a lid. Microwave the butter on HIGH for 45 seconds. Stir the onion, garlic and carrot into the butter, then cover the bowl and microwave it on MEDIUM (50 percent power) for 4 minutes more. With a spoon, carefully scoop the squash flesh into the bowl. Pour in the stock and cook the mixture on HIGH, covered, for 2-1/2 minutes. Stir the mixture and cook it on HIGH for 2-1/2 minutes more.

Transfer the vegetables and stock to a food processor or blender. Pour in the milk and puree the mixture, stopping occasionally to scrape down the sides. Stir in the ginger, salt and pepper. Transfer the soup to a serving bowl. Garnish it with the sesame seeds, if you are using them.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 89 Calories; 2g Fat (19.6% calories from fat); 2g Protein; 18g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 11mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	89
% Calories from Fat:	19.6%
% Calories from Carbohydrates:	73.8%
% Calories from Protein:	6.6%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	5mg
Carbohydrate (g):	18g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	11mg
Potassium (mg):	557mg
Calcium (mg):	55mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	5576IU
Vitamin A (r.e.):	568RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	30mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 89 Calories from Fat: 17

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	11mg	0%
Total Carbohydrates	18g	6%
Dietary Fiber	3g	12%
Protein	2g	

Vitamin A	112%
Vitamin C	30%
Calcium	6%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.