

Mystery Squash Soup

Arlene Borg - Grammy Guru
Hometown News

Servings: 3

1 small onion, sliced
1 teaspoon canola oil
1 pound summer squash (yellow, crook-necked)
3/4 cup chicken broth
1 tablespoon soy sauce
3/4 cup roasted cashews (rinsed if they are salted)
1 scallion (optional), thinly sliced

Scrub the squash with a vegetable brush. Remove the ends and cut into chunks but do not peel.

Saute' the onion in oil until golden.

Add the squash, broth and soy sauce. Cook until the squash is tender (about 10 minutes).

Cool for 20 minutes.

Using a blender, blend well.

Add the cashews and continue blending. If too thick, add a little skim milk.

Heat, do not boil, serve garnished with sliced scallion.

Per Serving (excluding unknown items): 40 Calories; 2g Fat (42.4% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 535mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.