



Roasted Butternut Squash Soup

INGREDIENTS (Yield: 6)

- 8 cups (about 2 small) butternut squash, peeled, seeded and cut into chunks
- 2 tablespoons olive oil, divided
- 1 cup diced onion
- 2 cloves garlic, minced
- 1 teaspoon rubbed sage
- 3 cups reduced-sodium chicken broth
- 2 tablespoons sherry
- 2 teaspoons butter
- 1/3 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon snipped chives

NUTRITION INFORMATION: 173 Calories; 5 grams Fat; 1-gram Saturated Fat; 3 mg Cholesterol; 343 mg Sodium; 28 grams Carbohydrates; 4 grams Fiber; 4 grams Protein

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. Place squash chunks on a sheet pan and drizzle with olive oil; toss to coat. Roast squash in oven for 35 to 45 minutes, or until tender.
2. Add 1 tablespoon oil to a large stockpot and sauté onions, garlic, and sage over medium heat for 3 to 5 minutes. Add roasted squash and broth to stockpot and heat to a boil.
3. Remove from heat and use an immersion blender to puree soup until smooth. If you do not have an immersion blender you can also carefully transfer soup to a food processor or blender in batches to puree. Return soup to pot and stir in sherry.
4. To prepare soup topping, melt butter in a small sauté pan. Add panko breadcrumbs and toast until golden brown. Remove from heat and allow crumbs to cool for about 5 minutes. Stir in Parmesan cheese and chives. Serve each bowl of soup with breadcrumb and cheese topping.