

Butternut Squash and Leek Soup

- **Yield:** 9 Servings **Serving Size:** 1 cup

Ingredients

1 large (about 3 lbs.) butternut squash
2 cups chopped, well-washed leeks,
 white part only (about 2 medium)
1/4 cup dry white wine
4 1/2 cups low-fat, reduced-sodium chicken broth
1 tsp. ground white pepper
1/2 tsp. kosher salt
1 Tbsp. butter

TOPPING

3 Tbsp. chopped pistachios
1/2 cup plain nonfat yogurt
1/4 cup crème fraîche (a heavy cream
 thickened with buttermilk)
1 Tbsp. minced fresh chive



Preparation

1. Place the butternut squash in a microwave oven (on the glass turntable or the rack). Microwave the squash on high for 5 to 6 minutes. Remove the squash carefully with pot holders, and set aside until it is cool enough to handle. Microwaving makes it easier to cut the squash. If you don't have a microwave oven or want to skip this step, proceed with step 2.
2. Cut the squash in half crosswise. Standing each piece upright, carefully peel the skin off with a sharp knife or vegetable peeler. Discard the skin. Set each piece of squash lengthwise on a cutting board. Cut each piece in half lengthwise. Remove and discard the seeds from the squash. Using a serrated spoon, remove any excess stringy fibers from the squash. Cut all the squash into 1-inch cubes. You should have about 10 cups of cubes.
3. Add the squash and leeks to a large, heavy saucepot. Add in the wine and broth. Cover and bring to a boil over medium-high heat. Reduce to a simmer and cook until the squash is tender, about 25 minutes. Let cool for 15 minutes. Add in the white pepper and salt.
4. Puree the soup, in batches if necessary, in a food processor or blender (use an immersion blender if you have one). Add the soup back to the saucepot, and add the butter. Set over low heat for a few minutes, just until the butter melts.
5. For the topping, toast the pistachios in a small, dry skillet for 2 to 3 minutes, shaking the pan frequently, until they are lightly browned. Set aside. In a small bowl, combine the yogurt, crème fraîche, and chives. For each bowl of soup, swirl the yogurt mixture on top. Top with the chopped pistachios. Alternately, you can garnish the soup with the individual topping ingredients.

Calories: 276

Fat: 5g

Saturated fat: 2.4g

Protein: 4.0g

Carbohydrate: 15g

Fiber: 4g

Cholesterol: 172 mg