

# Roasted Squash & Garlic Soup

Serves 6  
(1 cup servings)



## Ingredients:

- 1 large or 2 small butternut squash
- 10 garlic cloves, peeled
- 2 Tbsp vegetable oil
- $\frac{1}{4}$  cup water
- 4 cups (32 oz.) low-sodium chicken broth
- $1\frac{1}{2}$  cups 2% lowfat milk
- 1 Tbsp lemon juice (about  $\frac{1}{2}$  lemon)

*Nutrition Facts per serving: 25 calories;  
1g fat; 3g carbohydrates; 1g protein;  
0mg cholesterol; 15mg sodium.*

## Directions:

1. Preheat oven to 400°F.
2. Cut squash in half and remove seeds and fibers. Using a vegetable peeler, peel off squash skin and cut squash into 1-inch thick slices.
3. Place squash and garlic cloves in a roasting pan. Sprinkle with salt and pepper. Drizzle with oil and toss with a spoon until well coated. Pour in the water. Put the pan in the oven.
4. Roast squash and garlic, about 45 minutes. Check squash while cooking, if the pan looks dry, add water. Squash is done if a fork slides easily into it. Remove from the oven and set aside to cool for 5 minutes.
5. Place about half the roasted squash and garlic with 1 cup of the chicken broth in a blender. Puree until smooth. Transfer the puree to a large soup pan. Process the rest of the squash and garlic the same way. Stir in the remaining soup stock, milk, and lemon juice.
6. To serve, warm soup and ladle into bowls.

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