

## Autumn Squash Bisque with Ginger

*This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

- 2 teaspoon vegetable oil
- 2 cups sliced onions
- 2 pounds winter squash, peeled, seeded, and cut into 2 inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced (or 1 can sliced pears, drained and chopped)
- 2 cloves garlic, peeled and crushed
- 2 tablespoon coarsely chopped, peeled fresh ginger or 1 tsp powdered ginger
- 1/2 teaspoon thyme
- 4 cups chicken or vegetable broth
- 1 cup water
- 1 tablespoon lemon juice
- 1/2 cup plain nonfat yogurt

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a food processor or blender. (If using a blender, follow manufacturer's directions for pureeing hot liquids.)
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2-3 hours.

### Bright Ideas:

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (245g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 3g	12%
Sugars 6g	
<b>Protein 3g</b>	
Vitamin A 170%	Vitamin C 35%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

11 servings, 2/3 cup each



Source: Adapted: Tufts University Health and Nutrition Letter, November 2004. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>