

## **Squash Soup**

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

**vegetable cooking spray**

**1 tablespoon margarine**

**1 medium onion, chopped**

**2 tablespoons fresh parsley, chopped**

**1/2 teaspoon dried whole basil**

**6 medium yellow squash, cut into 1/4-inch slices**

**1 medium zucchini, cut into 1/4-inch slices**

**1 cup chicken broth**

**1/4 teaspoon salt**

**1/4 teaspoon white pepper**

**1 cup skim milk**

**thin carrot strips (optional for garnish)**

**chopped chives (optional for garnish)**

Coat a large saucepan with cooking spray. Add the margarine. Place over medium heat until the margarine is melted. Add the onion, parsley and basil. 'Saute' until tender.

Add the squash, zucchini, broth, salt and pepper to the saucepan. Cover and bring to a boil. Reduce the heat and simmer for 15 minutes.

Remove from the heat and stir in the milk.

Pour the broth mixture into the container of an electric blender. Process until smooth.

Serve the soup hot or cold.

Garnish with carrot strips and chives, if desired.

Yield: 6 1/2 cups

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Per Serving (excluding unknown items): 449 Calories; 16g Fat (29.1% calories from fat); 25g Protein; 61g Carbohydrate; 20g Dietary Fiber; 4mg Cholesterol; 1585mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 9 Vegetable; 1 Non-Fat Milk; 2 1/2 Fat.