

The Squash Court

2 tsp olive oil
1c chopped onions
1 tsp. minced garlic
1 Tbsp. grated gingerroot
½ tbsp ground cumin
6 c peeled, cubed butternut squash
2 c chicken broth
1 ½ c unsweetened carrot juice
¼ c frozen pineapple juice concentrate
1 tsp grated orange zest
½ tsp salt
¼ tsp freshly ground black pepper
Light sour cream (optional)

Heat olive oil in a large non-stick soup pot over medium heat. Add onions and garlic. Cook and stir until onions begin to soften, about 3 minutes.

Stir in gingerroot and cumin, and cook for 30 more seconds. Add squash and remaining ingredients, except sour cream. Mix well. Bring soup to a boil. Reduce heat to low, cover and simmer for 12 to 14 minutes or until squash is tender.

Working in batches, transfer soup to a blender or food processor and puree until smooth. Return pureed soup to pot. Serve hot soup with a dollop of light sour cream in the center. Yield: Makes 6 servings