

## Curried Acorn Squash Bisque

Servings: 6

- 2 each acorn squash
- 8 cloves garlic -- peeled
- 2 tablespoons unsalted butter
- 1 ½ cups vegetable broth
- ½ cup half-and-half, fat free
- 1 teaspoon kosher salt
- ½ teaspoon curry powder
- 1 piece fresh ginger -- 1", peeled
- ¼ cup coconut milk
- ¼ cup sour cream, light
- 2 teaspoons water
- fresh cilantro -- (optional)

### TO MAKE THE BASIC BISQUE

- o Cut acorn squash in half lengthwise, remove seeds and membranes. Place cut side up on a cookie sheet lined with aluminum foil.
- o In the center of each squash half place 2 cloves of garlic and 1/2 tablespoon of butter. Cover the squash with another piece of aluminum foil and fold edges to seal. This will allow the squash to steam as it roasts, allowing it to cook faster and retain its moisture.
- o Place in a 400-degree oven and roast for approximately 40 minutes, or until tender.
- o Remove from the oven, remove the top layer of foil and let stand for 10 minutes to allow the squash to cool enough to handle.
- o Scoop the flesh out of the squash halves, discarding the skin, and place the squash and garlic in a food processor fitted with a metal blade. Puree the squash. Add in the vegetable broth, half-and-half and salt and blend until smooth.
- o Pour the bisque base into a saucepan and put on medium heat to warm (do not boil).

### TO MAKE CURRIED ACORN SQUASH BISQUE

- o Add the curry powder, ginger and coconut milk and warm through before serving.

### TO SERVE

- o Place bisque in serving bowls. Mix sour cream and water together and drizzle over bisque. Garnish with fresh cilantro leaves.

Yield: 4 1/2 cups

Per Serving (excluding unknown items): 181 Calories; 8g Fat (36.3% calories from fat); 3g Protein; 27g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 750mg Sodium. Exchanges: 1 ½ Grain (Starch); 0 Lean Meat; ½ Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 ½ Fat; 0 Other Carbohydrates.

NOTE: If curry isn't your thing, the basic bisque is excellent itself.