

Chilled Yellow Summer Squash Soup

From a cooking class with Susan Vollmer, 2017



Servings: 6

NOTE: This soup may be served either chilled, or hot. If heating it, do not allow it to boil after you've added the sour cream, but keep it just below a simmer.

1. Heat oil in a large saucepan. Saute the squash and white onion for 3-5 minutes. Add broth, chives, then bring to a boil and simmer for about 5-10 minutes.
2. In two batches, puree the soup in a blender or preferably use an immersion blender in the pan itself.
3. Refrigerate soup until well chilled, at least 3 hours. If serving this hot, the soup will benefit from sitting a few hours in the refrigerator to blend the flavors, before reheating.
4. Whisk in the sour cream, lemon juice, salt and pepper. Taste for seasonings - add more lemon juice if needed. Ladle into small bowls and garnish with a dollop of sour cream and chives on top.

- 1 tablespoon olive oil
- 1 1/2 pounds yellow squash, grated
- 2 tablespoons chives, chopped
- 2 tablespoons white onion, minced
- 2 1/2 cups low-sodium chicken broth
- 1/2 cup sour cream, or full fat yogurt
- 1 tablespoon lemon juice (may need more)
- salt and pepper to taste

GARNISH:

- 1/4 cup sour cream, or full-fat yogurt
- 1 tablespoon chives, minced

Per Serving (excluding unknown items): 118 Calories; 10g Fat (61.0% calories from fat); 7g Protein; 7g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 34mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com