



## SQUASH SOUP

Saute in butter or olive oil 4 or 5 small summer squash\*, along with 1/4 cup chopped chives or green onion tops, for about 5 minutes, or until translucent.

Add 6 cups chicken broth and simmer for 5 minutes. Puree in blender or food processor, adding 2 tablespoons lemon juice. Mix in 1/2 cup sour cream--reg. or nonfat, or plain yogurt. Season with salt & pepper and serve hot or cold.

If you want to freeze it, simmer with only one cup broth, and freeze after it's pureed. When you want to serve it, add additional broth, sour cream and seasonings.

We drink this from a cup, and love it cold--even the squash haters love it. Serve hot or cold.

\*I like yellow squash for this, but you can use zucchini or pattypan—any summer squash. If you use larger squash, remove the seeds before cooking.