

## Featured RECIPE ◀

### Creamy Pumpkin Soup

- 1 tbsp olive oil
- 1 cup onion, minced
- 2 cups fat-free, low-sodium chicken broth
- ½ tsp ground cumin
- ½ tsp garlic powder
- ½ tsp chili powder
- ¼ tsp salt
- 1 ¼ cups canned pumpkin puree (not pie filling)
- 1 cup buttermilk
- 2 tsp fresh lime juice

**1]** In medium saucepan, heat olive oil over medium heat and sauté onion until translucent, 5-6 minutes.

**2]** Add broth, seasonings and pumpkin; stir and cook until bubbly. Lower heat, cover pot and simmer 20 minutes, stirring occasionally.

**3]** Add buttermilk and simmer about 5 minutes more; do not boil. *Tip:* Beat with an electric whisk to create a creamier texture.

**4]** Stir in lime juice; pour into bowls and serve hot or chilled. *Garnishes:* a dollop of light sour cream with chopped green chili or pecans.



**MAKES 4 (1 ¼ cup) SERVINGS. Per serving:**

133 calories • 5.6g protein • 4.1g fat • .8g saturated fat • 2.5mg cholesterol • 10.5g carbs • 7.5g sugar • 1.4g fiber • 281mg sodium