



strong bodies **healthy minds**

## Zany Zucchini Soup

We love soup any time of the year, but our seasonally fresh zucchini soup is definitely a favorite. We have so many zucchinis, basil and chives growing in our garden that we couldn't help but put them all together to make a delicious and nutritious soup! *And*, it's really satisfying served hot *or* cold! This soup has a lot of protein to help build strong muscles during the summer heat, but you can also make extra to freeze (and then reheat!) for the fall and winter, too!

### Ingredients:

- 3 cups low sodium vegetable (or chicken broth)
- 3 medium sized zucchini, cut into 1-inch pieces
- 2 Tablespoons basil leaves, chopped
- 2 Tablespoons chives
- $\frac{3}{4}$  cup (or 3 ounces) shredded Cabot's® 50% Light Vermont Cheddar
- $\frac{1}{4}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon freshly ground pepper

### Directions:

1. In a medium saucepan, place broth, zucchini, basil and chives and bring to a boil over high heat.
2. Reduce to a simmer and cook, uncovered, until the zucchini is tender, approximately 7 to 10 minutes.
3. Puree in a blender, in batches if necessary, until smooth (or use a hand blender).
4. Return the soup to the pan and heat over medium-high heat, slowly stirring in cheese until it is incorporated.
5. Remove from heat and season with sea salt and pepper.
6. Serve hot or chilled (can refrigerate up to 3 days)

Makes approximately 4 servings (1 cup per serving)

**Nutrition Facts per serving:** 70 calories; 3.5g fat (2.5g sat fat, 0g mono, 0g poly, 0g trans fats); 10mg cholesterol; 3g carbohydrate (1g fiber, 2g sugars); 6g protein; 330mg sodium; 8% Daily Value (DV) vitamin A; 6% DV vitamin C; 15% DV calcium; 8% DV iron.

Adapted from *Eating Well* magazine, August/September 2005.