

Zucchini



Zucchini, or green summer squash, is free of fat, sodium, and cholesterol. It is a low-calorie vegetable, providing a mere 17 calories per 100g. Zucchini skin is high in dietary fiber and the flesh is high in vitamins A and C. Many people don't realize that the flower part of zucchini is also edible.

People are surprised to learn that it's easy to cook great food without oil or butter. Besides being healthier, it's not hard to make the switch to oil-free cooking. Oil is purely fat and contains more calories per gram than any other food. You can still steam, poach, boil, and stew your dishes the same way.

Squash Bisque

Serves 4

Ingredients

1 medium onion, finely chopped	4 medium squash, finely chopped
2 cups vegetable stock or water	1/2 teaspoon fresh thyme
1/4 teaspoon nutmeg	1/2 teaspoon lemon zest
1/2 to 1 cup unsweetened almond milk or other plant-based milk	
Salt and pepper, to taste	

Directions

1. Place the onions in a large saucepan and sauté over medium heat for 7-8 minutes, until tender. Add water a tablespoon at a time to keep the onions from sticking. Add the squash, stock, thyme, nutmeg, and lemon zest and cook for 15 minutes, or until the squash is tender.
2. Puree the soup using an immersion blender or in batches in a blender. Return the soup to the pot and add the almond milk. Season with salt and pepper and cook until heated through.