

# Golden Summer Squash and Corn Soup



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Pureed summer squash makes a delicious base for this summery squash and corn soup. Start your meal with the soup or enjoy it as a light lunch. Fresh Thyme and briny feta cheese give it fabulous flavor. For a variation, try the soup with any herb you have on hand or goat cheese in place of feta.

## Ingredients

- 1 TBS extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash (about 1 lb.), diced
- 3 tsp chopped fresh herbs, such as thyme or oregano, divided
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1/4 tsp salt
- 1 cup fresh corn kernels, (about 1 large ear)
- 1 tsp lemon juice
- 1/4 cup crumbled feta cheese

## Instructions

### Step 1

Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring 1 minute. Add squash and 1 tsp herbs and cook stirring occasionally, until the squash starts to soften, 3-5 minutes.

### Step 2

Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes or more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 tsp herbs and feta.

## Nutritional Information

Serving Size: 4 servings, 1 cup each

Calories: 109

Fat: 6g

Cholesterol: 6mg

Protein: 5g

Carbohydrates: 12g

Fiber: 2g

Sodium: 462mg