



## Curried Winter Squash Soup

1 ½ cups onions, finely chopped  
 1 tablespoon margarine  
 4 to 5 teaspoons curry powder  
 2 medium butternut squash  
 3 cups low-sodium chicken broth, either homemade or canned  
 1 medium apple, peeled, cored, and chopped  
 1 cup apple juice  
 Salt and freshly ground pepper to taste

Melt margarine in a large saucepan over low heat. Add onions and curry powder. Cover and simmer for 8 minutes or until onions are soft. Peel, seed, and chop squash and add with broth and apple to saucepan. Bring to a boil over medium-high heat, reduce heat, and cover partially. Simmer for 25 minutes or until squash and apples are very tender. Strain, reserving liquid and solids. Process solids until smooth in a food processor with a steel blade or in a blender. Add 1 cup reserved liquid and continue to process until smooth. Return pureed soup to saucepan. Add enough remaining reserved soup liquid and apple juice to make desired consistency. Add salt and pepper. Heat to serving temperature and serve immediately.

Serves 8.  
 Approx. per serving: 100 calories; 3 grams of fat

## Crispy Herbed Chicken

6 chicken pieces, about 2 pounds, skinned and boned  
 ½ cup all-purpose flour  
 4 teaspoons fresh basil or 2 teaspoons dried basil  
 4 teaspoons fresh thyme or 2 teaspoons dried thyme  
 2 teaspoons salt (optional)  
 2 teaspoons fresh oregano or 1 teaspoon dried oregano  
 2 teaspoons fresh tarragon or 1 teaspoon dried tarragon  
 1 teaspoon paprika  
 ½ teaspoon pepper  
 1/3 cup warm water

Preheat oven to 375°. Place chicken in a single layer into a lightly greased shallow roasting pan. Combine flour, basil, thyme, salt, oregano, tarragon, paprika, and pepper in a small jar. Cover and shake well. Sprinkle two tablespoons of the herb-seasoned flour mixture on top of the chicken. Store remaining herb-seasoned flour in covered jar at room temperature. Pour warm water down side of pan. Do not pour directly on the chicken. Bake for 40-50 minutes until tender, basting with pan juices occasionally.

Serves 6.  
 Approx. per serving: 257 calories; 5 grams of fat.



## Made in Heaven Strawberry Mousse

3 cups quartered strawberries (thawed frozen strawberries ok)  
 ¼ cup sugar  
 ¾ cup light sour cream  
 2 cups frozen reduced-calorie whipped topping

In a blender or food processor, combine strawberries and sugar. Process until smooth. Pour contents into a large bowl. Add sour cream and mix well using a whisk. Fold whipped topping into strawberry mixture. Spoon into 8 custard cups. Cover. Freeze at least 4 hours.

Serves 8.  
 Approximate per serving: 102 calories; 4.7 grams of fat