



Creamy Basil Zucchini Soup

Daniela Thompson's mother was once a teacher in a German village. Her students' parents would bring her pounds of zucchini, and she developed this soup as a way to use up all that squash. In summertime, Thompson likes to serve her mother's soup with sliced tomatoes and hunks of baguette. Prep and Cook Time: 45 minutes. Notes: If you can't find crème fraîche, just use sour cream.

Ingredients

1 tablespoon olive oil
1 large yellow onion, chopped
2 pounds zucchini, sliced 1/4 in. thick
4 cups reduced-sodium or homemade chicken broth
1 cup loosely packed basil leaves, washed and stemmed, plus more for garnish
2 tablespoons crème fraîche (see Notes), plus more for garnish
1/4 teaspoon chili powder, plus more for garnish
Kosher salt

Preparation

- 1. Heat olive oil in a large saucepan over medium heat. Add onion and cook until translucent, about 5 minutes. Add zucchini and cook another 2 minutes; then add chicken broth and 1 cup basil leaves. Reduce heat to a simmer and cook 20 minutes.**
- 2. Purée the soup in batches in a blender. Pour the soup through a strainer into a bowl, using a ladle to push any solid bits through. Add 2 tbsp. crème fraîche and 1/4 tsp. chili powder. Season with salt to taste.**
- 3. Divide soup among bowls and garnish each with some crème fraîche, a sprinkle of chili powder, and a few basil leaves.**

The Twist: Dress It Up. We love the simplicity of this soothing, mild soup, but to make it a little fancier, skip garnishing the soup with crème fraîche, chili powder, and basil in step 3, and instead halve 1 roasted red bell pepper, removing seeds and stem. Slice half into ribbons. Put the other half in a blender and purée with 1/2 cup crème fraîche or sour cream. Strain into a bowl, then drizzle over soup. Top with bell pepper ribbons and toasted pine nuts.

Creamy Basil-Onion Dip

2 Tbl Olive Oil **1 large sweet onion thinly sliced** **1 clove garlic minced**
1 Tbl Balsamic vinegar **2/3 C. Light mayonnaise** **1/3 C. Low Fat Greek Yogurt**
¼ C. Finley Chopped Basil **Fresh Ground Pepper**

Heat the oil in a large skillet over medium heat; add onion. Cook until caramelized, about 30 minutes. Add garlic and vinegar; coo stirring until garlic softens, about 5 minutes. Pour onion and garlic mixture into small bowl; stir in mayonnaise, yogurt, basil and pepper to taste. Refrigerate 30 minutes. Enjoy