

○ SQUASH, LEEK AND CHEDDAR SOUFFLE ○ WITH GREENS

- 2 medium butternut squashes (about 1 $\frac{1}{4}$ pounds each)
- 1 pound swiss chard or fresh spinach, washed, stemmed and chopped
- 1 tablespoon olive oil
- 1 large or 2 medium leeks, white part only, sliced into $\frac{1}{4}$ -inch rings
- 2 shallots, minced
- 2 cloves garlic, minced
- 2 tablespoons water
- $\frac{1}{2}$ cup 2% milk, or soy milk
- 2 eggs, separated, plus 1 additional egg white, at room temperature
- 1 $\frac{1}{2}$ cups grated reduced-fat cheddar cheese, or cheddar-style soy cheese
- 1/8 teaspoon nutmeg
- Salt and freshly ground pepper to taste

Preheat oven to 325° F

Cut the squashes in half lengthwise and scoop out the seeds and fiber. Place in shallow foil-lined baking dish and cover with lid or more foil. Bake 50 to 60 minutes, or until squashes are quite soft when tested with a knife.

Steam the chard or spinach in a large saucepan until wilted. Place in a colander until cool enough to handle.

Heat the oil in a skillet. Add the leeks, shallots and garlic. Add 2 tablespoons of water and sauté, covered, for 10 minutes, stirring occasionally. Uncover and continue to sauté until the leek rings become slightly touched with gold. Remove from heat.

When the squash is cool enough to handle, scoop out all the pulp and place in mixing bowl. Mash until smooth, then stir in the milk and lightly beaten egg yolks. Squeeze the moisture out of the chard or spinach and chop finely. Stir into the squash mixture, followed by the grated cheese, nutmeg and salt and pepper.

Beat the egg whites until the form stiff peaks. Gently fold into the squash mixture. Pour mixture into a shallow, oiled 2-quart casserole dish (a round one looks very nice). Bake 45 to 50 minutes, or until the top is golden.

Makes 8 servings

Per serving:

Calories: 203 (25% from protein, 45% carbohydrate, 30% from fat)

Protein: 14grams **Total fat:** 7 grams **Saturated fat:** 4 grams

Cholesterol: 69 mg **Sodium:** 561 mg **Carbohydrate:** 25 grams **Fiber:** 8 grams

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