



Craig Lee / Special to The Chronicle; styling by Lindsay Patterson

## Autumn Squash, Bitter Greens & Chickpea Soup

**Serves 4.**

Earthy sweet-fleshed autumn squash are delicious with a variety of spices, such as those used in this soup. You can make the soup ahead of time. Combine with the pastina and reheate just before serving, adding the cilantro and lime.

- 6 cups low-sodium chicken or vegetable broth
- 6 ounces kabocha squash, washed, seeded, but unpeeled, cut up into 1- to 2-inch chunks
- ½ bunch bitter greens such as chard, kale or Chinese broccoli
- 1 (12-ounce) can or 1 cup cooked chickpeas (garbanzos)
- 1 to 2 cloves garlic, finely chopped
- ¼ teaspoon ground cumin, or to taste

- ⅛ teaspoon ground turmeric
- ⅛ to ¼ teaspoon smoked sweet pimenton or sweet paprika
- 4 ounces pastina or orzo pasta
- Prepared red or yellow Thai curry paste, to taste
- 3 to 4 tablespoons coarsely chopped cilantro, or to taste
- 1 to 2 limes, cut into wedges, to squeeze in as desired

**Instructions:** In a soup pot, combine the broth with the squash and bring to a boil. Reduce heat and simmer until the squash is nearly tender.

Add the greens, chickpeas, garlic, cumin, turmeric and pimenton. Cook over medium heat until the greens are just tender, about 8 minutes.

Meanwhile, in a separate pot, cook the pastina or orzo in well-salted boiling water; drain.

Ladle the soup into bowls; stir in a dab of Thai curry paste (the amount depends on the heat and your taste). Add a generous spoonful of the cooked pastina. Sprinkle with cilantro, and add a squeeze of lime. Eat right away.

**Per serving:** 263 calories, 15 g protein, 46 g carbohydrate, 3 g fat (0 g saturated), 0 mg cholesterol, 382 mg sodium, 6 g fiber.