



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 reheat just before serving, adding the cilantro and lime.

6 cups low-sodium chick-
en or vegetable broth
6 ounces kabocha
squash, washed, seed-
ed, 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 (gar-
banzos)
1 to 2 cloves garlic, finely
chopped
¼ teaspoon ground cumin,
or to taste

½ teaspoon ground tur-
meric
⅓ 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 cilan-
tro, 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.