



Roasted Tomato-Mushroom Bisque with Fresh Basil

Serves 6

2 pounds tomatoes (about 6 medium), seeded and coarsely chopped
8 ounces button mushrooms, sliced
1/2 cup chopped onion
2 large garlic cloves
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups fat-free, low-sodium chicken or vegetable broth
1 5-ounce can fat-free evaporated milk
1/4 cup snipped fresh basil and (optional) 2 teaspoons snipped fresh basil, divided use
1/4 cup fat-free plain Greek yogurt

Preheat the oven to 450°F.

Place the tomatoes, mushrooms, onion, and garlic in a baking pan large enough to hold them in a single layer. Drizzle with the oil. Toss to coat. Sprinkle with the salt and pepper.

Roast for 40 to 45 minutes, or until lightly browned, stirring once halfway through.

In a food processor or blender (vent the blender lid), process the tomato mixture and broth until smooth. Pour into a large saucepan.

Stir in the evaporated milk and 1/4 cup basil. Cook over medium heat for 5 to 10 minutes, or until heated through. To serve, spoon a dollop of yogurt onto each serving. Sprinkle the remaining 2 teaspoons basil, if using, on the yogurt.

Nutritional Analysis

Serving Size: 2/3 cup serving

Calories	110
Fat	5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	3.5g
Cholesterol	1mg
Sodium	150mg
Carbohydrates	12g
Dietary Fiber	3g
Sugars	9g
Protein	6g
Potassium	639mg
Calcium	109mg

Diabetic Exchanges:

Vegetables	2
Fat-Free Milk	1/2
Fat	1