Zucchini Bisque   
Serves 6

Ingredients:  
1 cup chopped zucchini2 cups peeled, diced Yukon gold potatoes4 cups vegetable broth1 teaspoon minced garlic1 teaspoon sea salt1/4 teaspoon marjoramPinch freshly ground black pepper6 tablespoons crushed croutons

Preparation:

1. In a large stockpot, over medium high heat, add zucchini, potatoes and vegetable stock.  Bring to a boil and reduce to a simmer and cook for 20 minutes or until potatoes are soft.  Add garlic.2. Cool mixture slightly and transfer to a blender container.  Puree until smooth.3. Finish soup by stirring in salt, marjoram and pepper.4. Serve each 3/4 cup serving topped with 1 tablespoon crushed crouton.

Nutritional Information Per Serving (3/4 cup): Calories 35, Fat 0 gm, Carbs 8 gm, Protein 1 gm, Cholesterol 0 mg, Sodium 361 gm, Fiber 1 gm