



## Butternut Squash Soufflé

### INGREDIENTS:

3 each Eggs, whites only  
½ teaspoon Butter, unsalted, melted  
½ cup Panko Bread Crumbs  
6 cups Butternut Squash, mashed  
¼ cup Gruyere Cheese, grated  
1 teaspoon Thyme, fresh chopped  
¼ teaspoon Salt & Pepper, mixed  
1, ½ Tablespoon Cornstarch  
1, 1/3 cup Skim Milk  
Pinch Nutmeg, ground

### PREPARATION:

- Preheat oven to 400° F.
- Lightly spray four- 8 ounce ramekins with non-stick pan spray & sprinkle evenly with the panko crumbs.
- Place the ramekins on a baking sheet.
- In a medium sauté pan, add butter, mashed squash and seasonings: thyme, salt and pepper.
- Add skim milk and corn starch slurry (cornstarch + cold water, 1:1 ratio).
- Bring to a light boil over medium heat while whisking frequently. Reduce heat and stir in gruyere cheese. Once cheese is melted, pull off heat and let mixture cool.
- In separate bowl, whip the egg whites with an electric mixer until firm peaks form; carefully fold egg whites into vegetable-milk mixture.
- Spoon into ramekins; reduce the heat of the oven to 375° F and bake for about 20 minutes, or until the center is firm and slightly golden brown

**Number of servings: 4**

**Serving size: 1 each**

**Calories: 148**

**Fat grams: 4**

