

Recipe:

Creamy squash soup with shredded apples

Who says creamy soup has to be unhealthy? This recipe uses the bounty of fall without lots of calories from too much fat or added sugar. It can be prepped in 10 minutes, with just 20 minutes of cooking time.

INGREDIENTS

- 2 boxes (16 oz each) frozen pureed winter (butternut) squash
- 2 medium apples (try Golden Delicious or Gala)
- 1 tablespoon olive oil
- ½ teaspoon pumpkin pie spice
- 2 cans (12 oz each) fat-free evaporated milk
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

TIP: For chunkier soup, try two bags (14 oz each) frozen diced butternut squash. Or, cut a fresh butternut into small chunks, and place in a microwave-safe dish covered with 1 inch of water. Microwave on high for 5–10 minutes, or until squash is tender and can be easily pierced with a fork. Remove skin. Place squash in blender until desired consistency.



DIRECTIONS

1. Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
2. Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
3. Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
4. Stir in thawed squash and pumpkin pie spice.
5. Add the evaporated milk about ½ cup at a time, stirring after each addition.
6. Season with salt and pepper.
7. Cook and stir over medium heat just until soup is about to boil.
8. Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice or a few pumpkin seeds, if desired.

Nutrition Facts: 4 servings. Calories 334; Total fat 4 g; Saturated fat 1 g; Sodium 370 mg; Total fiber 5 g; Protein 18 g; Carbohydrates 62 g;

Source: National Heart, Lung, and Blood Institute