

Creamy Squash Soup

Ingredients

1 butternut squash
1 acorn squash
Cooking spray
2 cups coarsely chopped onion
2 tsp canola oil
5 cups fat-free, low sodium chicken broth
2/3 cup apple cider
2 Tbsp molasses
1 tsp curry powder
1 tsp ground ginger
3/4 tsp salt
1/8 tsp ground red pepper
2/3 cup half-and-half
Chopped fresh thyme (optional)

Directions

1. Preheat oven to 425F
2. Using large chefs knife, cut each squash in half lengthwise (from stem to bottom end). Use a spoon and scoop out seeds and stringy center. Place each half in a baking pan coated with cooking spray, cut side down.
3. Combine onion and oil, tossing to coat. Spread onion mixture onto pan around squash.
4. Bake in oven 45 minutes, until squash and onion are tender. Cool slightly. Scoop out squash pulp from skins, discard skins.
5. Place onion and squash pulp in Dutch oven. Stir in broth and next six ingredients (through pepper); bring to a boil. Reduce heat and simmer 5 minutes.
6. Carefully place squash mixture into blender or food processor. Blend until smooth (transfer and blend in batches if necessary). Return pureed mixture to pan; stir in half-and-half. Cook over medium heat 5 minutes or until thoroughly heated garnish with thyme if desired.

Nutrition Information makes 10 servings (serving size = 1 cup)

Per Serving

Calories: 155
Fat: 3 g
Saturated Fat: 1.4 g
Cholesterol: 6 mg
Sodium: 418 mg
Carbohydrate: 32 g
Fiber: 4 g
Protein: 3 g



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