

Butternut Squash Soup

Preparation time: 5 minutes

Cooking time: 1 hour 30 minutes

Yield: 6 cups

This great standby is a traditional autumn dish. It makes a wonderful first course for Thanksgiving dinner, but your family will welcome a bowl of it any time. For the convenience of busy households, you'll find that you can prepare the squash (step 2) the night before, to save on production time!

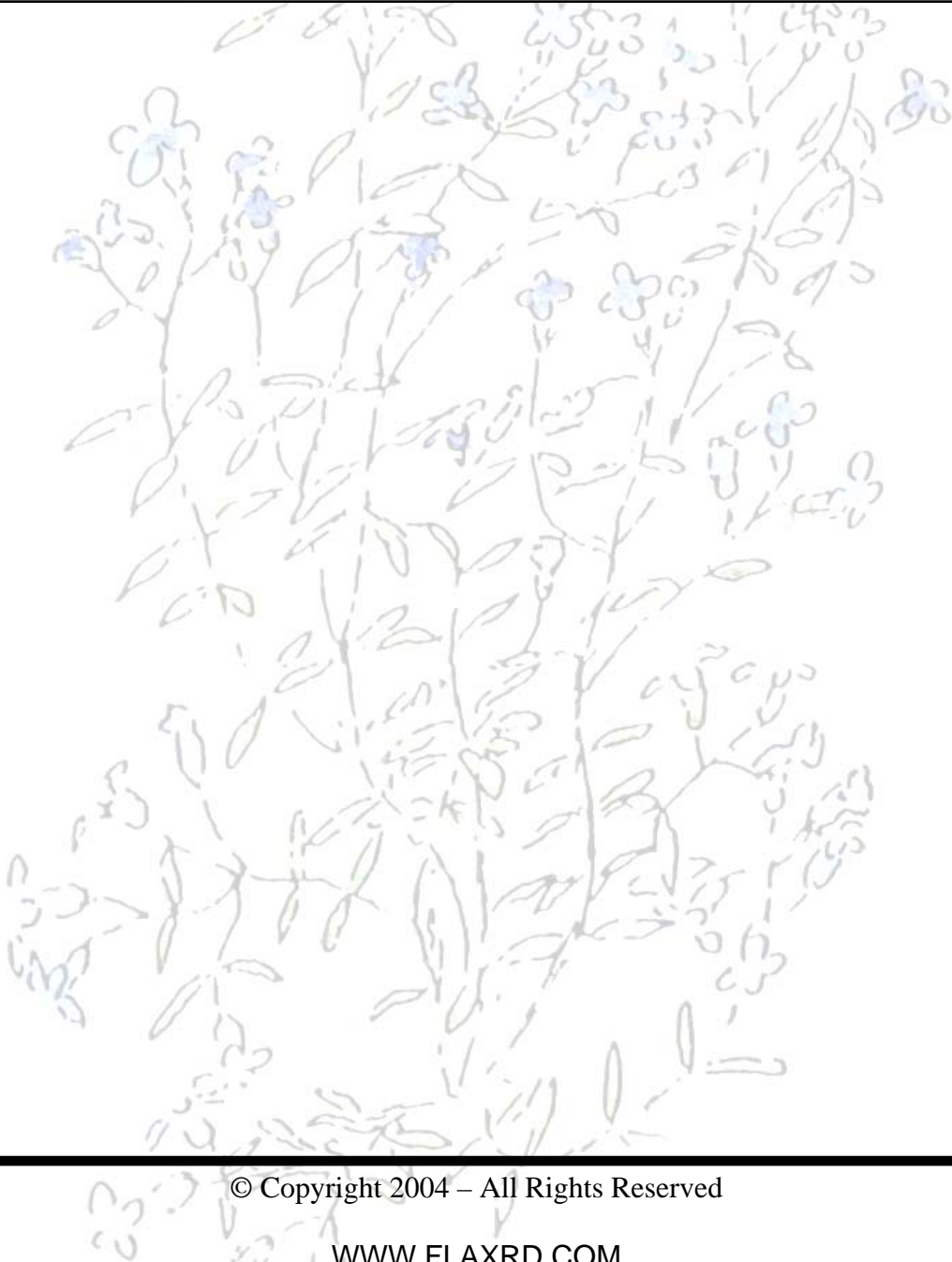
- 1 butternut squash
- 2 tablespoons unsalted butter
- 1 leek, white portion only, chopped
- 1 tablespoon fresh ground ginger or ½ teaspoon ground ginger
- 6 cups reduced sodium vegetable or chicken broth
- salt and pepper to taste
- chopped cilantro, for garnish
- 1/4 cup toasted flaxseed

1. Preheat oven to 400 F.
2. Prepare a baking sheet by coating it lightly with a nonstick spray. Cut squash in half and scoop out the seeds. Then place the squash on the pan, cut sides down. Bake in oven about 1 hour, until the squash is tender. Remove from oven, scoop pulp into a medium mixing bowl, and discard the skin. Set bowl aside.
3. Over medium heat, melt butter in a stockpot. Add the chopped leek and ginger and cook over medium heat about 5 to 8 minutes, until the leek is tender.
4. Stir in the cooked squash, along with 4 cups of broth. Simmer over low heat covered for about 20 minutes, then remove from heat.
5. Puree the squash mixture in your blender or food processor until smooth, making sure pressure does not build up in the blender from the heat.
6. Return the puree mixture to the stockpot and add the remaining broth, stirring to keep the mixture consistent. Simmer for about 5 more minutes, adding salt and pepper to taste.
7. Spoon into soup bowls, dust the tops with toasted flaxseed and a sprinkling

of cilantro, if desired.

Nutrition Information Per Cup

Calories 106	Fat 4 g	Fiber 3 g
Carbohydrates 14 g	Omega-3 Fats 1823 mg	Calcium 69 mg
Protein 6 g	Cholesterol 2 mg	Sodium 577 mg



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