



IN

The Villages[®]

America's Healthiest Hometown

Creamy Squash Soup with Shredded Apples

Prep Time: 10 minutes

Cook Time: 20 minutes

Yields: 4 servings

Serving Size: 1 ½ cup soup

Ingredients:

2 boxes (16 oz each) frozen pureed winter (butternut) squash

2 medium apples (try Golden Delicious or Gala)

1 Tbsp olive oil

½ tsp pumpkin pie spice

2 cans (12-oz each) fat-free evaporated milk

¼ tsp salt

Ground black pepper to taste

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 high heat 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, if desired.

Tip: For chunkier soup, try two bags (14 oz each) frozen diced butternut squash. Or, cut a fresh butternut squash 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.

Nutritional Information:

Calories: 334

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 7 mg

Sodium: 370 mg

Total fiber: 5 g

Protein: 18 g

Carbohydrates: 62 g

Potassium: 1142 mg

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute