

Curried Butternut Squash Soup

Heather Carey, M.S.
Green Palette



Butternut squash is high in vitamin A, vitamin C and magnesium, making it a healthy and delicious way to welcome fall.

Serves 8

- 1 tablespoon canola oil
- 1 medium butternut squash, peeled, seeded and cubed
- 1 medium yellow onion, chopped
- 1 clove garlic, pressed
- 1 tablespoon curry powder
- 1 piece ginger, peeled and minced to equal 1 tablespoon
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- 5 cups water
- 1 cup light coconut milk

Directions:

1. Heat the oil in a large soup pot. Add the butternut squash, onion, garlic, curry powder, salt and pepper. Sauté for 10 minutes, being careful not to brown the vegetables.
2. Add the water and bring to a boil. Turn down to a simmer and cook until the squash is tender, about 30 minutes.
3. Add the coconut milk and simmer for another 5 minutes. Puree the soup, in batches, in a food processor or blender. Return the soup to the pot and adjust the seasonings if necessary. Garnish with pumpkin seeds and enjoy!

Per Serving: 139 Calories; 4g Fat (20.6% calories from fat); 3g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 257mg Sodium. Exchanges: 1 1/2 Grain (Starch); 0 Vegetable; 0 Fruit; 1/2 Fat.