

Roasted Butternut Squash & Pear Soup

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

Nutritional Bonus: Just ½ cup of cubed butternut squash has a full day's supply of beta-carotene, an antioxidant that may reduce your risk of heart disease, cancer and diabetes. Foods high in carotenoids – including carrots and sweet potatoes – are easily spotted by their brilliant hue, as beta-carotene is an orange plant pigment.

THREE: Using a hand blender or upright blender, puree mixture until smooth, about 45 to 60 seconds. **(NOTE:** If using an upright blender, work in small, cooled batches to avoid scalding. Then return to saucepan on low until reheated.) Garnish each serving with yogurt, pumpkin seeds and nutmeg, if desired.

INSTRUCTIONS:

ONE: Preheat oven to 400°F. In a roasting pan, combine pears and squash. Drizzle with 1½ tsp oil, toss to coat, then spread out to cover bottom of pan, allowing for some overlap. Roast in oven, uncovered, until squash begins to brown and soften, about 20 minutes. Remove from oven and set aside.

TWO: Meanwhile, in a large saucepan, heat remaining 1½ tsp oil on medium. Add onion and sprinkle with salt and pepper. Sauté until onion is softened and golden in color, 3 to 4 minutes. Add pear-squash mixture and broth and bring to a boil. Reduce heat to low and simmer for 15 minutes.

FOLD LINE

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ROASTED BUTTERNUT SQUASH & PEAR SOUP

Serves 6. Hands-on time: 10 minutes. Total time: 35 minutes.



INGREDIENTS:

- 2 firm pears (such as Anjou), peeled, cored and chopped into 1-inch chunks
- 1 small butternut squash, peeled, seeded and chopped into 1-inch chunks
- 3 tsp olive oil, divided
- 1 small yellow onion, finely diced
- Pinch each sea salt and fresh ground black pepper
- 3 cups low-sodium chicken or vegetable broth
- ¼ cup low-fat plain yogurt for garnish, optional
- 1 tbsp pumpkin seeds for garnish, optional
- Pinch fresh grated or ground nutmeg for garnish, optional

Nutrients per ¾-cup serving: Calories: 120, Total Fat: 4.5 g, Sat. Fat: 1 g, Carbs: 17 g, Fiber: 3 g, Sugars: 8 g, Protein: 4 g, Sodium: 65 mg, Cholesterol: 0 mg