

Butternut Squash & Apple Soup

Ingredients

1 ½ tsp unsalted butter
 1 ¼ cup chopped Vidalia or other sweet onion (about ½ large onion)
 1 large garlic clove, smashed and peeled
 1 1/3 cup cubed, peeled Braeburn apple
 1 ¼ lb cubed, peeled butternut squash
 ¼ tsp dried, rubbed sage
 ½ tsp kosher salt
 ¼ tsp freshly ground black pepper
 1/8 tsp ground nutmeg
 2 cups fat-free, reduced-sodium chicken broth
 ½ cup fat-free evaporated milk

Preparation

1. Melt butter in large saucepan over medium heat. Add onion, sauté 3 minutes. Add garlic and apple; cook, stirring constantly, 1 minute. Add squash and next 4 ingredients; stir 30 seconds or until well-combined. Add broth and bring to a simmer. Reduce heat to medium-low; simmer 20 minutes or until squash and vegetables are tender.
2. Place half of squash mixture in blender with ¼ cup evaporated milk. Remove centre of blender lid (to let steam escape); secure lid. Place clean towel over opening to avoid splatter; blend until smooth. Pour into bowl. Repeat with remaining squash and evaporated milk.
3. Spoon ½ cup soup into small bowl and swirl with ¾ tsp reduced fat sour cream for garnish, if desired. Serve immediately. Serves 8.

Nutritional Information

Calories per serving:	103
Fat per serving:	4g
Saturated fat per serving:	2g
Monounsaturated fat per serving:	1g
Polyunsaturated fat per serving:	0.0g
Protein per serving:	4g
Carbohydrates per serving:	15g
Fiber per serving:	3g
Cholesterol per serving:	9mg
Iron per serving:	1mg
Sodium per serving:	115mg
Calcium per serving:	84mg

