

## CURRIED BUTTERNUT SQUASH SOUP

Serves: 7

Oven: 400 degrees

2 medium butternut squash (3/4 lb each); Halved lengthwise and seeded  
1 ½ tbsp olive oil  
1 cup chopped onion  
½ cup sliced celery  
1 tsp crushed garlic  
4 cups chicken or vegetable broth  
2 medium granny smith apples; Peeled and chopped  
1 tsp curry paste or powder  
¼ tsp each of ground ginger and ground cinnamon

1. Coat a large baking sheet with olive oil or non-stick spray and lay the squash halves cut sides down. Bake for 45 minutes or until soft. Let the squash cool and scoop out the flesh. (Approx. 2 cups of squash)
2. Place the olive oil in a 3-quart pot and add the onions, celery and garlic. Cover and cook over medium heat for about 4 minutes, stirring several times, until the vegetables are soft.
3. Add half of the broth to the pot along with the apples and spices. Bring to a boil, then reduce the heat to low. Cover and simmer for 5 minutes, until the apples are soft.
4. Transfer the apple mixture and squash to a blender and carefully blend at low speed, leaving the lid slightly ajar (to allow steam to escape) until smooth. Pour the blended soup back into the pot and add the remaining broth. Cover and simmer for 5 additional minutes. Serve hot.

Nutritional facts (per 1 cup serving):

Calories: 90, Carbs: 15 g Cholesterol: 0, Fat 3.5 g, Saturated 0.4 g, Fiber 3.8 g  
Protein: 1.2 g Sodium: 398 mg Calcium: 49 mg  
Diabetic exchanges: ½ starch, ½ fruit, ½ fat