

# SQUASH!



## BUTTERNUT SQUASH SOUP

Yield: 4 Servings

Recipe created by Recipe for Success

### INGREDIENTS

#### FOR THE SOUP

1 tablespoon	olive oil
4 ounces	onions
2 cloves	garlic
4 pounds	butternut squash
½ ounce	ginger
1 pinch	cumin
1 quart	water
1 quart	low-fat milk
1 pinch	pepper
1 cup	low-fat yogurt

#### FOR SERVING

4 slices	seven grain bread with pumpkin seed
1 teaspoon	extra virgin olive oil
¼ cup	cheese (queso fresco)

*(recipe continued on other side)*



### COOKING TIP

The skin on these squash is very tough and maybe difficult to remove when raw. To make removing the skin easier, poke it with a fork around the squash and place it in the microwave for about 5 minutes. The skin will be much easier to remove with your peeler or paring knife.

## BUTTERNUT SQUASH SOUP CONTINUED

### MAKE THE SOUP

Peel and dice onions.

Peel garlic.

Peel squash. Cut into 1 inch dice.

Peel ginger.

Heat the oil in a skillet over low heat. Add the onions and garlic. Cook for 5 minutes or until onions are tender.

Add the butternut squash and the ginger. Cook for 10 minutes.

Add the cumin. Cook for a few seconds.

Add the water and the milk.

Season with pepper. Cover and cook for 20 minutes.

Pour the soup into the blender. Puree until smooth.

Add the low fat yogurt. Blend until combined.

Season to taste.

### TO SERVE

Toast the seven grain bread slices.

Brush the toast with extra virgin olive oil.

Sprinkle the cheese on top of the toast. Set aside.

Pour the soup in a bowl.

Put toast on the side or on top of the soup.

**BUTTERNUT, ACORN, AND SPAGHETTI SQUASH HELPS BOOST THE IMMUNE SYSTEM AND LOWERS THE RISK OF ASTHMA IN CHILDREN.**



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