

Winter Squash

Winter Squash is in the peak of its season.

Include winter squash as part of your Healthiest Way of Eating this week. It is now in the peak of its season when it has the best flavor and is the least expensive. Winter squash is rich in health-promoting anti-inflammatory nutrients such as omega-3s and beta-carotene, which are important for good memory.

Golden Squash Soup

Try this easy-to-prepare soup. It's not only flavorful, it is an excellent source of vitamin A, providing 163% of your daily value (DV) and perfect for the cold winter months. Enjoy!

Prep and Cook Time: 30 minutes

Ingredients:

- 1 medium sized butternut squash, peeled and cut into about ½ inch pieces (about 3 cups)
- 1 large onion, chopped
- 3 medium cloves garlic, chopped
- 1 TBS chopped fresh ginger
- 1 tsp turmeric
- 1 tsp curry powder
- 1 TBS + 2 3/4 cups low sodium chicken or vegetable broth
- 6 oz canned lite coconut milk
- 2 TBS chopped fresh cilantro
- salt & white pepper to taste

Directions:

1. Chop onion and garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Peel and cut squash.
3. Heat 1 TBS broth in medium soup pot. Healthy Sauté onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent.
4. Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.
5. Place in blender and blend with coconut milk. **Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you.** Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

Serves 4-6