

The cooler days of fall make us crave the comfort of warm, homemade food. Bring this soup to the table and give healthful, cancer protection to your whole family. Leeks and onions are part of the allium family of vegetables, which have been shown to reduce the risk of stomach cancer. Serve with a dark green salad and warm whole-grain bread for a complete and hearty meal.

## **Acorn Squash and Apple Soup**

### **Fall Comfort Food**

1 medium acorn squash  
1 Tbsp. canola oil  
1 medium onion, chopped  
1 leek (white part only) rinsed well and chopped  
1 tart apple (such as Granny Smith), peeled, cored and chopped  
3 cups fat-free, reduced sodium chicken broth  
Salt and freshly ground black pepper, to taste  
3 Tbsp. minced fresh mint leaves, as garnish  
Milk or additional broth to thin soup (optional)

Preheat oven to 375 degrees. Cut acorn squash in half length-wise, remove seeds and pulp. Set on a rimmed baking sheet. Bake until the flesh is tender when pierced, roughly 45 to 90 minutes (depending on size). Remove squash from oven and allow to cool.

While the squash is cooling, in a large, heavy pan heat the canola oil over medium-high heat. Add the onion and leek and sauté for about 4 minutes, until the onion is translucent. Add the apple and cook over medium heat for 1 minute.

Scrape out the squash pulp and combine with the apple mixture. Reduce heat to medium-low, cover and cook for 5 minutes, stirring often. Add the broth to the pan, cover and bring to a boil over high heat. Reduce the heat to low and simmer for about 30 minutes. Remove the pan from heat and set the soup aside to cool slightly.

In a blender or food processor, puree the soup in batches until smooth. Return soup to pan and heat just before serving. Add milk or additional broth to thin soup, as desired. Season to taste with salt and pepper. Garnish each serving with mint and serve.

Makes 5 servings.

Per serving: 103 calories, 3 g total fat (<1 g saturated fat), 18 g carbohydrate, 3 g protein, 3 g dietary fiber, 330 mg sodium.

Recipe provided by American Institute for Cancer Research.