



From the Kitchen of Executive Chef Jessica VanRoo

Butternut Squash Soup with Toasted Pumpkin Seeds

Serves 6

366 calories per serving

Description

Butternut squash is an excellent source of fiber, which makes this flavorful soup very filling. You can tell by its vibrant color that it's high in vitamin A, which is great for vision support. Greek yogurt adds a creamy texture along with lots of protein.

Pumpkin seeds are not only tasty, they are one of the best natural sources of magnesium — a vital mineral often lacking in many Western diets.

In fact, nearly 80% of U.S. adults get less than the recommended daily amount of magnesium, which is important for controlling blood pressure, reducing the risk of heart disease, maintaining bone health and regulating blood sugar levels. It also promotes better sleep. But use these seeds sparingly — each tablespoon has 47 calories.

Total cost: \$16.77/\$2.80 per serving

Ingredients

- 3 ½ pounds winter squash such as butternut, acorn, kabocha, etc. (3 pounds, if already peeled)
- 2 tablespoons avocado oil, divided in half
- Salt and pepper to taste
- 2 sprigs sage, roughly chopped
- 2 sprigs of French thyme, leaves removed
- 1 cup leeks, thinly sliced
- ½ cup carrots, thinly sliced
- 1 cup shallots, sliced
- 6 garlic cloves, smashed
- 1 ½ tablespoons honey or agave
- 6 cups vegetable stock, more if needed
- ¼ teaspoon cinnamon
- Pinch of fresh nutmeg, grated
- ¼ cup Greek yogurt
- 1 tablespoon chives or Italian parsley, minced
- 1 cup pumpkin seeds, toasted



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Instructions

1. Preheat oven to 400 degrees, line baking sheet with foil or parchment paper.
2. Cut squash into 1 ½ inch cubes and toss with 1 tablespoon of oil, salt, pepper, sage and thyme, then spread on baking sheet.
3. Bake 15 minutes, remove from the oven to toss cubes, then bake 10-15 minutes more or until golden brown and set aside.
4. Add 1 tablespoon of oil to soup pot with a fitted lid, then heat on stove. When oil is hot, add leeks, carrots, shallots and garlic.
5. Sauté 2-3 minutes or until onions are translucent. Do not brown.
6. Stir in honey, cook 2 more minutes and add stock, cinnamon, nutmeg and roasted squash.
7. Simmer 10-15 minutes or until squash is tender. Adjust seasoning to taste.
8. Beat mixture until smooth with an immersion blender. You may also use a blender but wait until the mixture cools to room temperature.
9. Ladle soup into bowls then garnish with Greek yogurt, minced chives or parsley, and 1 tablespoon toasted pumpkin seeds.

*To toast pumpkin seeds, toss 1 cup pumpkin seeds with 2 teaspoons of avocado oil and desired seasoning. Preheat oven to 375 degrees and roast on a lined baking sheet for 7 minutes. Remove and allow to cool.