

Helpful Hints:

To save time, you can roast the squash ahead of time and freeze it. Just thaw it before using it in this recipe.

Coconut milk can be found in the international section of the grocery store, usually near the Thai foods.

Curry powder is a blend of more than 20 different herbs and spices, including coriander, turmeric, cumin, and fenugreek. You can choose a desired level of heat or choose a more sweet or mild curry. Curry loses its pungency quickly. It will keep for two months in an airtight container.

Nutritional Highlights:

- High in vitamin A
- High in beta-carotene
- High in potassium

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Notes

Roasted Butternut Squash Soup

Serves: 8

Ingredients:

- 4 cups butternut squash
- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 large onion, chopped
- 1 tablespoon low sodium chicken broth
- 3 large garlic cloves, crushed
- 1 tablespoon ginger root, grated
- 1 tablespoon curry powder
- 6 cups low sodium chicken broth
- 8 ounces low fat coconut milk
- 2 tablespoons cilantro
- Salt and pepper to taste

Optional:

- 8 tablespoons fat-free sour cream
- Chives



Directions:

Peel squash and cut into 3/4 inch pieces. Place it in a bowl and toss with one tablespoon olive oil and a dash of salt and pepper. Line a cookie sheet with parchment paper or foil and turn out the squash on to the cookie sheet. Roast at 450 degrees for 30 minutes until the squash is light brown (caramelized).

Heat butter and one tablespoon chicken broth in a large soup pot over medium heat. Sauté onion in the butter and chicken broth mixture over medium heat for five minutes or until translucent; stirring frequently. Add garlic, ginger and curry, and continue to sauté for another minute. Add squash and remaining broth, and mix. Bring to a boil on high heat. Once boiling reduce heat to medium low and simmer uncovered for 10 minutes.

Place in a blender (or use a hand-held stick blender) and blend on low speed. Blend in batches, filling the blender only half full. Blend until smooth; about one minute. Return this mixture to the pot to reheat. Add coconut milk and cilantro just before serving. Season to taste with salt and pepper. Place a dollop (about one tablespoon) of fat free sour cream and chives on top (optional).

All Star Ingredients:

Butternut Squash: High in beta-carotene, beta-cryptoxanthin, and vitamin A. Vitamin A and beta carotene are great immune system boosters. Beta-carotene also protects your eyes and skin. Beta-cryptoxanthin may lower the risk of lung cancer. Squash is a great addition to your weight management plan, it's both filling and low calorie.¹

Coconut Milk: Coconut milk is high in saturated fat, a fat we usually want to avoid. However, coconut's saturated fat is unique. It consists of "medium chain fatty acids," where as most food's saturated fat consist of "long chain fatty acids." This difference makes it easier for our bodies to metabolize and helps us use it for energy rather than store it as fat. It is also anti-viral and anti-microbial, boosting immunity, and also does not have adverse effects on heart health.¹

Garlic: Garlic lowers cholesterol and triglycerides, and may raise HDL (good cholesterol). It reduces blood pressure, plaque on artery walls, and blood clots. It decreases risk of stomach and colon cancer, and possibly other cancers. Garlic also helps fight the common cold, bacteria, fungi and parasites. Studies suggest it may help in weight control.¹

Ginger: Ginger may soothe an upset stomach, relieve nausea, help with digestion, boost the immune system, and improve circulation. It has anti-inflammatory properties that may help arthritis and/or fibromyalgia. Ginger may also lower cholesterol and slow the development of atherosclerosis.¹

Onion: Onions are a cancer-fighting food. They may protect against stomach, prostate, and esophageal cancers. Onions also help build strong bones and contain powerful anti-inflammatory and anti-allergic antioxidants. These can help relieve asthma and hay fever symptoms.¹

Nutrition Information (per serving)

(Serving Size 1 cup)

Calories (kcal):	167
Total Fat (g):	11
Saturated Fat (g):	7
Monounsaturated Fat (g):	3
Polyunsaturated Fat (g):	1
Cholesterol (mg):	7
Sodium (mg):	90
Total Carbohydrate (g):	13
Dietary Fiber (g):	2
Sugar (g):	2
Protein (g):	5

Food Exchanges:

- 1 Grain
- 0 Meat (Protein)
- 0 Vegetable
- 0 Fruit
- 0 Milk
- 2 Fat
- 0 Other Carbohydrates

Recipe created by Chef Paul Penney, Certified Personal Chef. For more information about Chef Paul Penney, go to www.callchefpaul.com or email him at chefpaul@callchefpaul.com.



¹Bowden, Jonny Ph.D., C.N.S. "The 150 Healthiest Foods on Earth." Fair Winds Press. Copyright 2007.