

Butternut Squash and Apple Soup with Fresh Ginger

2 butternut squash (about 4 3/4 pounds total), halved lengthwise, seeded
2 T. olive oil
2 c. thinly sliced onion
2 tart green apples, peeled, seeded and diced
1 T. golden brown sugar
3 t. minced fresh ginger
2 garlic cloves, coarsely chopped
1/2 cinnamon stick
5-6 c. vegetable stock
chopped fresh parsley or chives for garnish

1) Preheat oven to 375° F. Oil a baking sheet. Place squash, cut side down, on baking sheet. Bake until squash is very soft, about 50 minutes. Using paring knife, remove peel from squash; discard peel. Cut squash into 2-inch pieces. Heat oil in heavy large pot over medium-low heat. Mix in onion, apples, brown sugar, ginger, garlic and cinnamon. Cover pot and cook until onion is tender, about 15 minutes. Add squash and 5 cups stock. Bring to boil. Reduce heat to medium-low. Cover and simmer 15 minutes. Discard cinnamon.

2) Purée soup by using a blender, food processor or immersion blender. Season soup with salt and pepper. If soup is too thick, thin soup with more stock. Ladle into bowls. Sprinkle with parsley or chives and serve.

Nutritional analysis per serving (6 servings): calories 194; fat 4g; protein 5g; carbohydrates 37g; fiber 5g; cholesterol 1mg; sodium 285mg.