

WHAT'S IN SEASON ...



BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 2 lb. cubed butternut squash
- 1 medium onion, halved and sliced into wedges
- 4 cloves garlic, peeled
- 1 tsp. sea salt
- ½ tsp. black pepper
- 2 Tbsp. avocado oil
- 2 cups chicken broth
- 1 can coconut milk or 1 cup heavy cream
- Diced apple and crumbled cooked bacon (optional)

DIRECTIONS:

- Preheat the oven to 425 degrees Fahrenheit.
- Put squash cubes, onion, and garlic cloves on a large rimmed baking sheet. Sprinkle it with salt, pepper and drizzle oil over top. Use your hands to toss everything around so it's evenly coated.
- Roast for 35–40 minutes on a lower oven rack, tossing things around with a spatula a couple of times during cooking.
- Transfer roasted items to a medium to large soup pot. Add chicken broth and heat to a simmer. Let it simmer for about 5 minutes and then blend it with an immersion blender (or in batches with a countertop blender) until smooth.
- Stir in coconut milk or cream. Add a little more salt, if needed, before serving. Top with diced apple and crumbled, cooked bacon, if desired.

* *Gluten Free: This recipe is already gluten free.*

NUTRITIONAL FACTS

6 SERVINGS

Calories: 235

Protein: 3 grams

Carbohydrates: 16 grams

Fat: 19 grams

CALORIE CONSIDERATIONS:

- To INCREASE calories: Add diced apple and crumbled bacon, serve with a slice of crusty bread (+150 calories).
- To DECREASE calories: Decrease avocado oil to 1 Tbsp. and coconut milk to ½ can (-85 calories).