

Creamy Squash Soup

Ingredients

1 tablespoon low-fat margarine
3 cups diced butternut squash
2 cups thinly sliced carrots
 $\frac{3}{4}$ cup chopped onion
2 cans (14 1/2 oz each) low-sodium chicken broth
 $\frac{1}{4}$ teaspoon ground white pepper
 $\frac{1}{4}$ teaspoon grated nutmeg
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ cup fat-free milk
1 tablespoon nonfat dry milk

Instructions

Melt margarine in a large saucepan over medium heat. Add squash, carrots and onion. Cover and cook for 8 minutes. Stir occasionally. Add broth and bring to a boil. Reduce heat and cover; simmer 25 minutes or until the vegetables are very tender.

Puree mixture in batches in a food processor or blender. Return to the saucepan. Add pepper, nutmeg, and cinnamon. Bring to a simmer. Mix in both milks until well blended. Add squash to mixture and stir just to blend slightly.

1 cup counts as $\frac{1}{2}$ cup starch or one half cup counts as 1 cup vegetables.

Roasted Butternut Squash Soup

Ingredients

1 butternut squash (very large)
1 leek (large)
1 tablespoon olive oil
1 teaspoon cumin
1 teaspoon fennel seeds
1 red chili (or ½ teaspoon dried chili flakes)
1 teaspoon dried rosemary (or thyme)
Salt
Pepper
1 tablespoon butter
3 cups vegetable stock
Pumpkin seeds
Cream fraiche or sour cream
½ lemon
Chopped parsley

Instructions

Cut the top and bottom off the butternut squash and cut into 4. Into a bowl add the oil, rosemary, cumin, chopped chili, fennel seeds and salt. Mix together and brush over the cut sides of the butternut squash. Place into oven heated at 400 degrees F. and roast 30-40 minutes until fork tender. Once the butternut squash is ready, remove from oven and set aside to cool slightly. In a large pot, heat the butter and add slices of leek. Cook on low heat until leeks are soft and translucent. Scoop out the butternut squash and place into the pot. Add vegetable stock and cook for 10 minutes. Blend until smooth then season to taste. Place a couple of teaspoons of cream fraiche into a bowl and add the juice of ½ a lemon. Distribute the soup into 4 bowls and add a dollop of crème fraiche, some chopped chili, pumpkin seeds and chopped parsley.

1 cup counts as ½ cup starch or one half cup counts as 1 cup vegetables.

Savory Squash Casserole

Ingredients

5 lb. squash, cooked
2 Tbsp. butter, melted
½ tsp. salt
1 tsp. pepper (fresh ground is best)
¼ tsp. nutmeg
¼ tsp. ground ginger
¼ tsp. ground allspice
2 Tbsp. butter, melted
2 Tbsp. wheat germ or oat bran

Instructions

Preheat oven to 375 degrees. Remove flesh of squash from shell and combine with remaining ingredients. Sprinkle with wheat germ or oat bran; bake 15 minutes at 375 degrees.

1 cup counts as ½ cup starch or one half cup counts as 1 cup vegetables.