

Fall 2001 Recipes

Soups and Stews

Butternut and Ginger Soup

Butternut squash is a great source of beta-carotene.

Serves 6

Provides 3 fruit and vegetable servings per person

- 1 teaspoon mild olive oil
- 1 1/2 cups chopped onion
- 3 cloves garlic, crushed
- 2 teaspoons chopped fresh ginger
- 1 1/2 pounds peeled raw butternut or other winter squash (6 cups)
- 1/2 pound new potatoes, peeled and chopped (1 cup)
- 1 cup unsweetened 100% apple juice
- 3 cups water or low-sodium vegetable broth
- 1/2 cup nonfat milk or soy milk
- 1/2 teaspoon salt

Garnish

- 1/2 Granny Smith apple, chopped (1/2 cup)
- 2 tablespoons chopped parsley

1. Heat the oil in a high-sided skillet or large saucepan on medium high. Sauté the onion 3 minutes or until it starts to wilt. Add the garlic and ginger and cook 1 minute longer.

2. Add the squash, potatoes, 100% apple juice, and water or broth. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft.

3. Puree in a blender or processor, in batches, until smooth. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with chopped apple and parsley.

Nutritional Analysis

Per Serving:

150 calories
1 g fat
7% calories from fat
0 g saturated fat
0% calories from saturated fat
34 g carbohydrates
203 mg sodium
3 g dietary fiber