

Week Five

FIRE UP FOR FALL FITNESS



Acorn Squash and Apple Soup

Ingredients:

2	Acorn squash		Freshly ground black pepper
1 tbsp	Olive oil	1/4 tsp	Cumin
1	Onion, chopped	1/2 tsp	Curry powder
1	Stalk celery, chopped	2 tbsp	Dry sherry or white wine
2	Tart apples, peeled, cored and chopped	4 C	Low-sodium chicken broth or stock
	Salt to taste	1/4 C	Low-fat sour cream

Directions:

1. Cut the acorn squash in half and microwave until tender and easily pierced with a fork, about 15 minutes. Let cool.
2. Meanwhile, heat the oil in a large soup pot over medium heat. Add the onion, celery and apples, and cook until soft and translucent, about 5 minutes.
3. Season lightly with salt and pepper, add the cumin and curry powder and cook for 2 more minutes.
4. Remove the seeds from the squash and discard them. Scoop the squash pulp out of the skin with a spoon and add it to the soup pot along with the sherry or white wine and cook for 2 or 3 minutes more.
5. Puree the mixture in a blender in batches, being careful not to overfill the blender and adding broth as needed.
6. Reheat the soup and add the remaining broth to adjust the consistency. Season with salt and pepper.
7. Serve the soup in warm bowls with a dollop of sour cream.

Yield: 6 servings

Each serving provides:

Calories: 156

Saturated Fat: 1 g

Protein: 4 g

Sodium: 96 mg

Total fat: 5 g

Carbohydrate: 27 g

Fiber: 6 g

