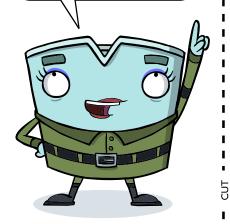
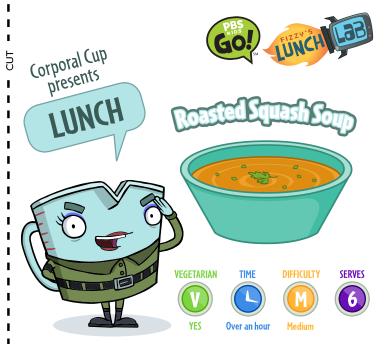


First, check off the items you already have at home.





YOU WILL NEED



5

I medium butternut squash, peeled, seeded and cut into I½" chunks



I quart low-sodium chicken



3 tablespoons olive oil

Kosher salt and

black pepper



2 sprigs thyme

broth



½ cup low fat sour cream

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Peeled and seeded butternut squash can be found in the refrigerated section of your supermarket's produce aisle.



STEP 1: Preheat the oven to 400°. Toss the squash with two tablespoons of the oil and spread out on a rimmed baking sheet. Roast, stirring occasionally, until the squash cubes can be easily pierced with a fork, about 45 minutes.



STEP 2: While the squash cubes are roasting, heat a large saucepan over medium-low heat; once hot, add the oil. Add the onion, I ½ teaspoons salt, and ¼ teaspoon pepper. Cook about 20 minutes. Add the chicken broth, thyme, and roasted squash cubes to the pot and bring to a simmer. Cook for 10 minutes.



STEP 3: Remove the thyme and carefully puree the soup in small batches in a blender until smooth. Stir in the sour cream. Serve.

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Calories per gram:	Dietary Fiber	Total Carbohydrate	Sodium	Cholesterol	Saturated Fat	Total Fat	Calories: 2,
IM:		rate	Less than	Less than	Less than	Less than	Calories:
	25g	300g	2,400mg	300mg	20g	65g	2,000
	ω	ω	N	3	N	8	N

esterol 10mg	
um 550mg	2
Carbohydrate 23g	
etary Fiber 3g	-
gars 6g	
in 6g	

Nutrition Fac Serving Size 1 serving (358g) Servings Per Container 6