Seasonal Squash

SUPER FOOD

It’s time to squash the rumors… It’s true! Squash is amazing for you. Here’s why:

-Helps the heart with Vitamin C, Potassium, Magnesium, and heart healthy antioxidants that prevent high cholesterol and heart disease.

-Fat free and low in calories which aids in weight loss.

-Manganese helps in maintaining healthy bone structure, calcium absorption, enzyme creation and bone building as well.

-High in fiber which aids in colon and digestive health and combat diabetes.

-Boosts immune system and is great for colds.

-Chalk full of vitamins: Vitamin C, Vitamin A and other minerals like magnesium, folate, copper, riboflavin, and phosphorus.

-Good plant-based protein!

-Improvement in muscle contraction and transportation of nerve impulses.

-Promotes healthy skin and anti-aging properties!

This beautiful veggie is a wonderful accent for both salads, veggie trays, casual sides, and delicious on sandwiches! Find out how delicious it truly is with one of our recommended recipes!

 Swee

**Curried Butternut Squash & Apple Soup**

**INGREDIENTS**

* 1 Tablespoon of Olive Oil
* 2 cups chopped sweet onion (from 1 medium onion)
* ½ cup chopped celery (from 2 stalks)
* ½ cup chopped carrots (from 3 medium carrots)
* 1 tablespoon curry powder
* 3 pounds butternut squash, peeled, seeded and chopped (7 to 8 cups)
* 1¼ teaspoons kosher salt
* 1 teaspoon black pepper
* 2 cups finely chopped Golden Delicious apple (about 1 large), divided
* 2 cups unsalted chicken stock
* 2 cups water
* 6 tablespoons crème fraîche

**INSTRUCTIONS**

1. Melt butter with olive oil in a large pot over medium. Add onion, celery and carrots and stir to coat. Cook, stirring occasionally, until vegetables are tender, 8 to 10 minutes. Add curry powder; stir vegetables to coat thoroughly.
2. Add squash, salt, pepper and 1½ cups of the chopped apple to pot and stir to coat. Stir in chicken stock and water and bring to a boil over medium-high. Reduce heat to low, cover and cook, stirring occasionally, until butternut squash is soft when pierced with a fork, 20 to 25 minutes.
3. Remove from heat and, working in 2 batches, pour soup into a heavy-duty blender. Secure lid on blender and remove center piece to allow steam to escape. Place a clean towel over opening. Process until smooth, about 1 minute. Return soup to pot; reheat if needed. Serve with crème fraîche and garnish with remaining ½ cup chopped apple.

Serving size: 1½ cups

Per serving: 234 calories; 10 g fat (5 g sat); 7 g fiber; 35 g carbohydrates; 5 g protein; 12 g sugars; 0 g added sugars; 120 mg calcium; 473 mg sodium; 861 mg potassium

Carbohydrate Servings: 2½