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BUTTERNUT SQUASH SOUP

A Recipe for Life by the Doctor's Dietitian by Susan B. Dopart, MS, RD, and Jeffrey M. Batchelor,

Serves 6

Ingredients

1 medium to large butternut squash
1 T unsalted butter
1 large shallot, finely chopped
5 cups water
1/2 cup 1% milk
1 pinch cinnamon
1 pinch grated nutmeg
Salt and pepper to taste

Directions

Cut butternut squash lengthwise and scoop out seeds and strings. In a stockpot, heat butter and sauté seeds, strings, and shallots until shallots are translucent. Add water, bring to a boil, and reduce heat.

Place steamer basket in stockpot. Place squash face down in a steamer basket. Cover and steam until tender, approximately 20 to 30 minutes. Remove squash and scrape out the inside of flesh, throwing away the skin. In a mesh strainer, strain the seeds, strings, and shallots over a bowl, saving the liquid. Rinse out the pot to remove any seeds or strings.

In blender, purée squash, the saved liquid, and milk, in batches. Put back into pot and add cinnamon and nutmeg. Reheat until hot but do not boil. Add more milk if necessary.

Nutrient Analysis per serving: Calories: 69; Protein: 2 g; Total carbohydrates: 12 g; Total fat: 2 g; Fiber: 3 g; Sodium: 15 mg