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Prevent and Protect
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ROASTED SQUASH & APPLE SOUP

Martha Stuart Living – January 2012

- 1½ pounds butter or kabocha squash, peeled, seeded and cut into 1-inch cubes
- 3 tablespoons olive oil, divided
- 1 tablespoon plus 1½ teaspoons of Truvia natural sweetener (5 packets), divided
- 1 medium onion, diced
- 1 clove garlic, minced
- 2 tart apples such as Granny Smith or Pink Lady, peeled, cored and cut into 1-inch cubes, plus 1 small apple for optional garnish
- 1 tablespoon fresh thyme
- 1 quart low-sodium chicken or vegetable broth
- 1 teaspoon kosher salt
- Freshly ground pepper
- ½ cup toasted pumpkin seeds

- Preheat oven to 400 degrees
- Toss cubed squash with 1 tablespoon olive oil and 1 ¾ teaspoons of Truvia natural sweetener (or 2 packets) and spread out in a single layer on a sheet pan. Roast for 20-30 minutes or until tender and beginning to brown, gently stirring halfway through roasting. Set aside.
- In a medium pot, heat 2 tablespoons olive oil over medium high heat. Add onion and garlic and sauté 4-6 minutes or until softened. Add apples and thyme and sauté 5 minutes more. Add broth and 1 cup water and bring to a boil. Reduce to a simmer and cook 10-15 minutes until apples are tender. Stir in roasted squash to combine.
- Puree soup in batches in a food processor or blender until very smooth. If soup is too thick, add additional water until desired consistency is reached. Return to pan and season with 2 ¾ teaspoons Truvia natural sweetener (or 3 packets) and salt.
- Divide between bowls and garnish with thinly sliced apple, pepper, and pumpkin seeds.