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Butternut Squash & Apple Soup with Pumpkin Seeds

Makes 6 servings

This fall-inspired soup comes together quickly when you use precut squash, available fresh in many supermarkets, and an immersion blender to blend the soup in the pot. If you have a lot of squash, make a double batch of the soup and freeze for up to 3 months.

Olive oil, 2 Tbsp

Yellow onion, 1 thinly sliced

Sea salt, 1/2 tsp

Garlic, 1 clove, pressed or minced

Water or low-sodium chicken or vegetable broth or stock, 4 cups (32 fl oz/1 l)

Butternut squash, about 3 lb. (1.5 kg), peeled, seeded, and cut into cubes (about 9 cups)

Tart apples such as Granny Smith, 2 peeled, cored, and chopped

Freshly grated nutmeg, 1/4 teaspoon

Plain, low-fat yogurt, 6 Tbsp (3 oz/90 g)

Toasted pumpkin seeds, 2 Tbsp

1. Heat olive oil in a large pot over medium heat. Add onion and salt and sauté until onion is softened and beginning to brown, 4 – 6 minutes. Add garlic and cook, stirring constantly, until softened and fragrant but not browned, about 1 minute longer
2. Add water, squash, apples, and nutmeg. Raise heat to high and bring to a boil. Reduce heat to maintain a simmer, cover, and cook, stirring occasionally, until squash is tender when pierced with a fork, about 20 minutes. Remove from heat and let cool slightly.
3. Using an immersion blender in the pot, purée soup until smooth. Or, transfer soup, in batches if necessary, to a blender or food processor and purée until smooth; return to pot and reheat if necessary. Ladle soup into bowls and top each serving with about 1 tablespoon yogurt and 1 teaspoon pumpkin seeds. Serve hot.

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Loaded with vitamins and minerals, this wholesome soup gets a topping of low-fat yogurt and energy-boosting seeds.

Butternut Squash

- Excellent source of vitamin A and beta-carotene, powerful antioxidants
- Provides vitamin C and fiber
- Ample amount of potassium; helps regulate blood pressure

Pumpkin Seeds

- Rich source of minerals such as iron and zinc
- Excellent source of magnesium, shown to regulate blood sugar
- Linked to men's prostate and bone health

Per Serving: 210 calories, 5 g protein, 36 g carbs, 7 g fat (1.5 g saturated fat), 0 mg cholesterol, 6 g fiber, 190 mg sodium