

## Butternut Squash Soup

1	butternut squash, peeled and cut into chunks
1	apple, peeled and chopped
1	onion, chopped
2	garlic cloves, whole
2 tbsp	olive oil
½ tsp	cinnamon
½ tsp	ginger
¼ tsp	nutmeg
4 cups	chicken broth, low sodium
2 tbsp	maple syrup (optional)
	freshly ground pepper to taste

- In a large pot; heat oil on medium temperature and sauté onion for about 5 minutes.
- Stir in the garlic cloves and spices; cook for another 30 seconds.
- Add the squash and apple; cover with chicken broth.
- Bring pot to a boil then turn down the heat and simmer for about 30 minutes or until the squash is tender.
- Puree the vegetables in small batches. Put puree in separate pot. Stir in the maple syrup (optional).
- Add more chicken broth (or apple juice) according to desired thickness; season with pepper.
- Top with chopped green onions and toasted pumpkin seeds (optional).
- Makes 6 servings.

*Recipe by Gary Barone*