



Acorn Squash Soup

Makes: 6 servings

Serving size: 1 cup

Ingredients:

2 acorn squash, halved and seeded

2 teaspoons olive oil

1 large carrot, chopped

1 large onion, chopped

1 clove garlic, minced

3 ½ cups chicken stock, low sodium

¼ cup plain Greek yogurt

½ teaspoon nutmeg

½ teaspoon cinnamon

Salt and pepper, to taste

Pumpkin seeds, for topping

Directions:

1. Preheat oven to 400°F. Spray a baking dish and put squash in it with cut side down. Bake until soft, about 45 minutes. Scoop insides into a bowl and set aside.
2. Heat oil in a large pot on medium-high heat. Cook onion, carrot and garlic until soft.
3. Pour stock and squash into pot. Bring to a simmer and cook for 20 minutes.
4. Pour mixture into a blender no more than half full. Cover and hold lid down; pulse and blend. Puree in batches until smooth and return to pot.
5. Stir in Greek yogurt, nutmeg, and cinnamon through the blended soup; season with salt and pepper.
6. Top with pepitas and enjoy!

Nutrition Facts (with 1 tablespoon pumpkin seeds): 150 calories, 21 grams carbohydrate, 7 grams protein, 5 grams fat, 3 grams fiber, 2 grams sugar, 85 mg sodium