



ON THE MENU:

PEPITAS (PUMPKIN SEEDS)



THE NUTRITION

Unsaturated Fats: raises HDL ("good" cholesterol) and lowers LDL ("bad" cholesterol).

Zinc: boosts immune system and will help you fight a cold!

Magnesium: controls blood pressure, maintains bone health and regulates blood sugar.

THE USES

Crunchy Topping: on soups, salads, yogurt and oatmeal.

Baking Ingredient: in granola, breads, cookies and cakes.

Seed Butter: swap out PB for pumpkin seed butter.

Dressing and Sauces: use as an ingredient in pesto, hummus, salsa or salad dressings.

ACORN SQUASH SOUP

Makes: 6 servings

Serving size: 1 cup

Ingredients:

2 acorn squash, halved and seeded	3 1/2 cups chicken stock, low sodium
2 teaspoons olive oil	1/4 cup plain Greek yogurt
1 large carrot, chopped	1/2 teaspoon nutmeg
1 large onion, chopped	1/2 teaspoon cinnamon
1 clove garlic, minced	Salt and pepper
	Pepitas, 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 information per serving (with 1 tbsp pepitas):

150 calories, 21 grams carbohydrate,

7 grams protein, 5 grams fat,

3 grams fiber, 2 grams sugar, 85 mg sodium