

SUSTAINED NUTRITION



Recipe from: The Simple Art of Eating Well Cookbook

Per Serving:

180 calories; 9 g fat; 0 g cholesterol; 25 g carbohydrate; 0 g added sugar; 3 g protein; 6 g fiber; 525 mg sodium; 570 mg potassium

Pumpkin-Apple Soup

Makes:

12 servings, about 1 cup each

Active Time: 30 minutes | Total: 1 hour 10 minutes

To Make Ahead: Cover and refrigerate for up to 3 days

Ingredients:

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks
- 4 large sweet-tart apples, such as Empire, Cameo, or Braeburn, unpeeled, cored and cut into eighths
- $\frac{1}{4}$ cup extra-virgin olive oil
- 1 $\frac{1}{4}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth, divided
- $\frac{1}{3}$ cup chopped hazelnuts, toasted
- 2 tablespoons hazelnut oil

Directions:

1. Preheat oven to 450°F.
2. Toss pumpkin or squash, apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage; continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin or squash and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining $\frac{1}{4}$ teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.