

# EASY | RECIPE

## Creamy Squash Soup

1 medium butternut squash  
1 $\frac{1}{3}$  cups reduced sodium chicken broth  
 $\frac{2}{3}$  cup water  
1 tsp curry (optional)  
 $\frac{1}{2}$  tsp garlic powder

$\frac{1}{4}$  tsp nutmeg  
 $\frac{1}{2}$  cup light sour cream  
2 tbsp fresh lime juice  
 $\frac{1}{4}$  tsp lime zest  
2 tbsp roasted pumpkin seeds



1. Halve squash and bake (cut side up) at 400°F for 45 minutes or until fork tender.
2. Cool squash and scoop pulp into a deep bowl.
3. Add broth, water and seasonings and puree until very smooth with an immersion blender, electric mixer or in a blender.
4. Pour soup into a saucepan; heat and simmer 15-20 minutes, stirring often.
5. Meanwhile, whisk sour cream with lime zest and lime juice; set aside.
6. Ladle hot soup into bowls. Swirl a scoop of lime cream into each serving. Garnish with pumpkin seeds.

**MAKES ABOUT 4 (1 $\frac{1}{4}$ -cup) servings. Per serving:**

128 calories | 4.4g protein | 4.8g total fat | 2.2g sat fat | 1.4g mono fat | .8g poly fat  
| 10mg cholesterol | 19g carbs | 3.2g sugar | 5g fiber | 219mg sodium