

## Roasted Butternut Squash Soup

4 cups peeled, cubed (1 inch)  
butternut squash  
1 tbsp extra-virgin olive oil, *divided*  
1 shallot, chopped  
1 tbsp minced garlic  
1 tbsp minced ginger  
Pinch ground nutmeg  
 $\frac{3}{4}$  tsp salt  
Pinch ground pepper  
4 cups water or unsalted  
vegetable broth  
2 tbsp toasted pumpkin seeds  
1 tsp real maple syrup

**Preheat** oven to 400°F. **Line** a baking sheet with parchment paper. **Place** squash on baking sheet and drizzle with 2 tsp olive oil. **Roast** 20 minutes, stir, then roast another 10-20 minutes or until flesh is fork-tender. **Meanwhile**, in medium pot set over medium heat, add remaining olive oil. **Sauté** shallot, garlic and ginger for 3-4 minutes. **Stir** in roasted squash, nutmeg, salt, pepper and water or broth. **Bring** to a boil, and then remove from heat. **Blend** with immersion blender until smooth. **Serve** topped with pumpkin seeds and a drizzle of maple syrup.



**Makes 4 servings. Per serving:**

156 calories | 4g protein | 5g total fat | 1g saturated fat | 3g mono fat | 1g poly fat | 28g carbohydrate | 5g sugar | 7g fiber | 490mg sodium