

Healthy Measures: Butternut squash soup—the winter comfort food

The cold weather may keep you indoors more often during winter. Aside from wearing layers of clothing, you can eat comfort foods like soups to keep you warm. Since there are an endless variety of soups to make, you may want to take advantage of the foods available in abundance during the winter season. Butternut squash is one of them.

Originating from North and South America, butternut squash is a type of winter squash that has a hard outer shell. Beneath the tanned bowling pin-like outer shell is the orange firm flesh, which is rich in beta-carotene along with beneficial nutrients such as dietary fibre, potassium, vitamin C and folate.

Because butternut squash is harvested after it is fully matured, it often can be put in storage for a longer period of time. It also provides a distinctly fruity flavour and sweeter taste than summer squashes such as cucumbers.

Here is an easy-to-make recipe to help you get through the winter:

Butternut Squash and Apple Soup	
Preparation Time: 10 minutes	1 Onion, chopped 1 Tsp Grated fresh gingerroot 1 Tbsp Margarine
Cooking Time: 16 minutes	1 Butternut squash, peeled, seeded, chopped 2 Apples, peeled, and chopped 2 1/2 cups Chicken stock
Makes: 4 to 6 servings	1/2 Tsp Dried thyme leaves Salt and pepper Chopped parsley for garnish
● Cooking Tip: ●	Directions: 1. Peel squash, chop and measure 3 cups (750ml) squash. 2. In a large saucepan, melt butter over medium heat. Add onion and ginger and cook until softened, about 3 to 4 minutes, stirring constantly. 3. Add chopped squash, apples, chicken stock and thyme. Bring to boil, reduce heat, cover and simmer until squash is tender, about 20 minutes. 4. Remove from heat and puree in batches in food processor or blender until smooth. 5. Return to pot and heat gently until hot. 6. Season to taste with salt and pepper. Garnish each serving with chopped parsley.

Source: Foodland Ontario

For more information:

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Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

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