

Apples



About 2,500 known varieties of apples are grown in the U.S. Apples are high in soluble fiber, potassium, vitamin C and folate. The soluble fiber in apples can help lower cholesterol and is shown to help decrease the risk of type 2 diabetes, Parkinson's, Alzheimer's, and many types of cancers!

Curried Squash and Apple Soup

Serves 8

Ingredients

1 tablespoon extra-virgin olive oil	1 large onion, chopped
1 stalk celery, finely chopped	1 tablespoon curry powder
1 large butternut squash, peeled and sliced	1 bay leaf
2 large apples, peeled and coarsely chopped	Salt and pepper, to taste
1 quart reduced-sodium vegetable broth	
2 tablespoons low-fat plain yogurt, for garnish (optional)	
1 tablespoon chopped fresh parsley, dill or basil for garnish (optional)	

Directions

1. Heat oil in a large saucepan or medium soup pot over medium heat. Stir in onion and celery; cook until the onion is softened and translucent, 8 to 12 minutes; do not brown.
2. Stir in curry powder, then add squash, apples and bay leaf. Stir well over medium heat for 2 minutes, then add broth and salt. Bring the mixture to a low boil, then reduce the heat to low. Cover tightly and simmer until the squash and apples are tender, 20 to 25 minutes.
3. Remove the bay leaf. Using a large slotted spoon, transfer the soup solids to a food processor or blender, adding about 1/2 cup of the broth; process to a smooth puree. Pour the puree back into the soup. Reheat and season with pepper. Serve hot. Garnish with a dab of yogurt and a sprinkle of fresh herbs.