

Butternut Squash



Shaped like a large pear, this squash has cream-colored skin, deep orange-colored flesh and a sweet flavor. Butternut squash is an excellent source of omega-3s, vitamin A, vitamin C, dietary fiber, vitamin B6, manganese, and copper.

Butternut Squash Soup with Crispy Sage

Serves 4 Prep Time: 30 minutes Cook Time: 1 hour

Ingredients

1/4 cup olive oil	3 pounds butternut squash
6 garlic cloves, unpeeled	2 large onions, peeled and quartered
1/4 cup water	3 cups apple juice or 3 cups vegetable stock
1/2 teaspoon dried thyme	1/4 teaspoon ground nutmeg
Salt and pepper, to taste	2 teaspoons butter
Handful fresh sage leaves, sliced on the diagonal	

Directions

1. Preheat oven to 400°F. Brush the bottom of a baking pan with olive oil. Cut the squash through the stem ends into halves, prick the skin in several places with a knife, and scoop out the seeds with a spoon. Brush the cut surfaces with olive oil. Put the garlic inside the squash cavities and place halves in the pan cut side down. Add the onions to the pan and brush with remaining olive oil. Pour the water into the bottom of the pan, cover with aluminum foil, and bake for 50 minutes. Uncover and bake for 5-10 minutes more or until the squash is tender and the onions are soft. When the squash is cooled, scoop out the flesh. Squeeze the garlic cloves out of their skins and discard the skins.
2. In batches in a blender, combine the baked vegetables, apple juice or stock, thyme, nutmeg, salt and pepper and puree until it is smooth. (If you are making this ahead - chill here - and when ready go to the next direction). Pour the soup into a pot and heat gently.
3. In a small skillet, melt the butter and sauté the sage leaves until dark and curled. Garnish each bowl of soup with the sage leaves.