

FOOD

Indian-Spiced Roasted Squash Soup

Ingredients:

- 1 cup chopped yellow onion
- 8 ounces carrot, chopped
- 4 garlic cloves, peeled
- 1 (1-pound) butternut squash, peeled and cut into (1/2-inch) cubes
- 1 (8-ounce) acorn squash, quartered
- 1 tablespoon olive oil
- 1/2 teaspoon black pepper
- 2 cups water
- 1 teaspoon Madras curry powder
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground red pepper
- 2 (14-ounce) cans fat-free, lower-sodium chicken broth
- 1/4 teaspoon kosher salt
- 6 tablespoons Greek yogurt
- 6 teaspoons honey

Directions:

1. Preheat oven to 500°.
2. Arrange the first 5 ingredients on a jelly-roll pan. Drizzle with oil; sprinkle with pepper. Toss. Roast at 500° for 30 minutes or until vegetables are tender, turning once. Cool for 10 minutes. Peel acorn squash; discard skin.
3. Combine vegetable mixture, 2 cups water, curry powder, garam masala, and red pepper in a food processor; pulse to desired consistency. Scrape mixture into a large saucepan over medium heat. Stir in broth; bring to a boil. Cook for 10 minutes, stirring occasionally, and stir in salt. Combine yogurt and honey, stirring well. Serve with soup.



Simple Roasted Acorn Squash

Ingredients:

- Acorn Squash (about 1 teaspoon per squash)
- coconut sugar (about 1 teaspoon per squash)
- sea salt (a pinch per squash)
- raw honey (about 1 teaspoon per squash)

Directions:



1. Preheat oven to 325 degrees Fahrenheit.
2. Use a sharp, sturdy knife to cut acorn squash. Pick one of the valleys in between the ridges on the outside of the squash, which go from the top to the bottom of the squash.




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| | MONDAY - FRIDAY | SUNDAY |
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Making this first cut will take some strength and force. Reposition your knife and use that initial cut as your entry point for slicing all the way through.

3. Make the first cut on one side of the stem, cutting straight down until you feel the knife break through the exterior and into the hollow center. If 3. you're nervous about your hand slipping, you can try using a towel.

4. Continue cutting the squash around the tip, repositioning the knife along the way if it feels like your knife is stuck. Remember to keep your fingers tucked in and out of the way of the knife.

5. Once you've cut all the way around the squash and are back at the stem, pick up the acorn squash and pull it apart with your hands, not with the knife. Don't worry about cutting off the stem - it can

be roasted with it on. Scrape out the seeds using a spoon.

6. If you're not filling your acorn squash with some sort of stuffing, lay the squash down, flat-side down, and slice into 1-2 inch slices for roasting.

7. Line a baking sheet with aluminum foil or parchment paper and set aside.

8. Slice the acorn squash in half through the stem and remove the seeds.

9. Lay flat, cut-side-down, and slice into 1 inch - 1 1/2 inch slices starting at the stem.

10. Lay the acorn squash slices out evenly on the baking sheet.

11. Sprinkle with the coconut sugar and sea salt, then drizzle with the raw honey.

12. Roast for 40-50 minutes, until the squash is tender and a fork pierces the flesh easily.