

Maple-Roasted Butternut Squash Soup Recipe

Squash is rich in plant compounds and fibre. Both are important for heart health.

Recipe adapted from a cookbook Janice Holley MSc, RD co-authored with chef David Adjey called Heart & Soul Cuisine from the Estates of Sunnybrook. Published by U of T Press, Toronto.

Ingredients:

2 large butternut squash, peeled, seeded and cut in large pieces
3 tbsp/45ml real maple syrup
1/4 tsp/1ml kosher salt
1/4 tsp/1ml black pepper
1 tsp/5ml avocado oil
1 large onion, finely chopped
2 apples, peeled, cored and chopped
¼ tsp/1ml each ground ginger and ground coriander
1 tsp/5ml each ground cumin and ground curry powder
6 cups/750ml chicken or vegetable broth
1 cup/250ml skim milk
Freshly ground black pepper and salt to taste

Method:

1. Preheat oven to 400 degrees F.
2. Toss squash pieces with maple syrup, salt and pepper. Place on a cookie sheet lined with parchment or silicone. Bake 30-35 minutes. Remove from oven and set aside.
3. Heat oil in a large stock pot over medium heat.
4. Add onion, apple and spices. Saute 3 minutes.
5. Add broth and squash and bring to boil. Simmer about 30 minutes.
6. Soup will be thick so stir occasionally.
7. Puree with hand-held immersion blender.
8. Pour milk into pot and gently stir.
9. Serve with a spoonful of plain Greek yogurt and a drizzle of real maple syrup. Be sure to add this last step. It really elevates the flavour and presentation of the soup.

This recipe can be easily doubled and freezes well.