In fall, turn toward the more warming foods and spices, including carrot, sweet potato, onions, garlic, ginger, peppercorns, and mustard seeds.

GOLDEN SQUASH SOUP

Prep and Cook Time: 30 minutes
Serves 4-6

**Seasonal Eating Tips**

Ingredients:
- 1 medium butternut squash, peeled and cut into ½ inch pieces (~3 cups)
- 1 large onion, chopped
- 3 medium cloves garlic, chopped
- 1 tbsp chopped fresh ginger
- 1 tsp turmeric
- 1 tsp curry powder
- 2 ⅔ cups + 1 tbsp chicken or vegetable broth
- 6oz canned light coconut milk
- 2 tbsp chopped fresh cilantro
- salt and white pepper to taste

**Directions:**
- Peel squash and cut into pieces.
- Heat 1 tbsp broth in medium soup pot over medium heat. Once broth begins to bubble, add onions and sauté in broth over medium heat for about 5 minutes, stirring frequently, until translucent. Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and remainder of broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender (about 10 minutes).
- Place in blender and blend with coconut milk. **Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you.** Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

Preparing your Winter Squash

Preparing your squash is not an easy task so here are some tips!
1. First, cut the squash in half between the neck and the bulb, this makes peeling much easier!
2. Peel the squash with a potato peeler.
3. Cut the neck into slices, cut each slice lengthwise again, and then turn the strips and cut them one more time to make ~1inch cubes.
4. Cut the bulb in half and scoop out the seeds. Slice the bulb into 1-inch cubes as previously described.

References: 1. WWW.WHFOODS.ORG/ 2. HTTP://WHATS COOKINGAMERICA.NET/SQUASH.HTM

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Nutrition Information for Golden Squash Soup (when prepared to yield 4 servings)

1 serving = 160 calories, 28 g carbohydrate, 4 g fibre, 6 g sugar, 4 g fat,
3 g saturated fat, 0 g trans fat, 69 mg sodium, 6 g protein.

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<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Vitamin A</td>
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<td>Vitamin C</td>
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<tr>
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<td>Vitamin B6</td>
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• Butternut squash is a winter squash which is available from August though March. They are at their best during October and November when the weather is cooler. Winter squash can be stored in a cool, dark well-ventilated place for up to a month.

• Butternut squash is an excellent source of vitamin A. It is also a good source of vitamin C, potassium, dietary fibre, manganese, folate, omega-3 fatty acids, thiamin, copper, vitamin B5, vitamin B6 and niacin.

Consider adding variety to your diet. Having colourful fruits and vegetables, such as, carrots, and red and yellow peppers in your diet is important but also try to incorporate different vegetables, such as, winter squash, to increase variety.

Health Benefits of Squash

• Squash is rich in carotenoids, which may lower your risk for lung cancer.
• Squash is a good source of folate, which is important in preventing birth defects and is recommended for women of child bearing age.
• Folate may also reduce your risk for colon cancer and promote heart health.
• Including squash in your diet can also support men’s health.

How to choose your Winter Squash:
Choose: Firm, heavy, well shaped squash with a tough skin.
Avoid: Squash with sunken or moldy spot, squash that have been cut or punctured, and squash with a soft skin.

Variations in skin colour will not affect the flavour of your squash!

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