

Skinny Butternut Squash and Apple Soup

Ingredients:

2lb Butternut Squash
4 Tsp. Light Butter, Divided
1 Medium Apple, Peeled & Chopped
1/2 Medium Yellow Onion, Chopped
2 Garlic Cloves, Minced
4 Fresh Sage Leaves
1/2 Tsp. Dried Thyme
1 1/2 Cups Reduced Sodium Chicken Broth
1 1/2 Cups Water
1/4 Cups Reduced Fat Milk
Salt & Pepper to Taste

Directions:

1. Preheat oven to 425F & line a baking sheet with foil
2. Cut squash in half and scoop the seeds and pulp out
3. Place squash on baking sheet and place 1tsp of butter over each half. Season with salt and pepper to taste and place in oven for about 1 hour (Until tender and cooked through)
4. Place remaining butter into a large sauce pan and melt over medium heat. Add apple, onion, garlic, sage and thyme
5. Sautee until all is soft (about 6-7 mins). Remove from heat and set aside
6. When squash is done remove from oven and allow it to cool enough to be handled
7. Remove squash from shell and place in previous sauce pan with mixture
8. Add water and season
9. Bring to boil, reduce heat to low and simmer for 10 minutes, cover and simmer for 5 mins
10. Remove from heat and add milk
11. Use immersion blender or regular blender to puree soup
12. Serve right away

Hot Apple Cider

Ingredients:

2 Quarts 100% Apple Juice
½ Cup Brown Sugar
1 Apple, unpeeled and cut in half
1 Small Naval Orange, unpeeled and sliced into ¼ inch slices
2 tsp whole Cloves
2 Cinnamon Sticks
½ tsp freshly grated Nutmeg
½ tsp Allspice

Directions:

1. Carefully insert whole cloves into the apple on the flesh sides
2. Heat apple juice in large pot over medium heat
3. Once heated, add brown sugar and dissolve
4. Add remaining ingredients, bring to simmer and let simmer for 20 minutes
5. Remove apple halves, orange slices, cinnamon sticks, and any cloves
6. Serve hot