

# Creamy Squash Soup with Shredded Apples

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&cld=15&rld=75>

## Ingredients

- 2 boxes (16 oz. each) frozen pureed winter (butternut) squash
- 2 medium apples (try Golden Delicious or Gala)
- 1 Tbsp. olive oil
- ½ tsp pumpkin pie spice
- 2 cans (12 oz. each) fat-free evaporated milk
- ¼ tsp salt
- ⅛ tsp ground black pepper

## Instructions

1. Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
2. Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
3. Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
4. Stir in thawed squash and pumpkin pie spice.
5. Add the evaporated milk about ½ cup at a time, stirring after each addition.
6. Season with salt and pepper.
7. Cook and stir over high heat just until soup is about to boil.
8. Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice, if desired.

**Makes 4 servings**

**Serving size: 1 ½ cups**

## Nutrition information per serving

Calories: 334	Dietary Fiber: 5 g
Total Fat: 4 g	Sodium: 370 mg
Saturated Fat: 1 g	Protein: 18 g
Cholesterol: 7mg	Carbohydrates: 62 g