

Butternut Squash Bisque

"A steaming bowl of flavorful butternut squash pureed with vegetables and spices is the perfect way to warm up on a cool autumn day."

INGREDIENTS:

1 tablespoon canola oil	3 cups vegetable stock
1 tablespoon unsalted butter	salt and ground black pepper to taste
1/2 cup diced onion	ground nutmeg to taste
3/4 cup diced carrots	1/2 cup heavy cream (optional)
4 cups peeled and cubed butternut squash	

DIRECTIONS:

1. Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil under tender.
2. Mix the carrots and squash into the pot. Pour in vegetable stock, and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender.
3. In a blender or food processor, puree the soup mixture until smooth. Return to the pot, and stir in the heavy cream. Heat through, but do not boil. Serve warm with a dash of nutmeg.

Butternut Squash Whip

INGREDIENTS

- 2 butternut squash, halved and seeded
- 1/2 cup margarine
- 1 cup light sour cream
- salt and pepper to taste

PREP TIME 15 Min
COOK TIME 1 Hr
READY IN 1 Hr 15 Min

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place squash halves cut side down in a medium baking dish with enough water to cover. Cover, and bake 1 hour in the preheated oven, until tender.
3. Scoop squash from skin into a medium bowl, and mix with margarine and light sour cream. Whip until smooth. Season with salt and pepper.