

Butternut Squash and Apple Bisque

Ingredients	Healthy Substitutions
• 2 tbsp butter	• 2 tbsp Olive oil
• ½ cup chopped leek, white part only	•
• 3 cups chopped Braeburn (or other tart) apple	•
• 3 cups peeled and diced butternut squash	•
• 1 cup peeled and chopped russet potato	•
• 1/3 cup dry sherry	• 100% Apple juice
• 3 cups low sodium chicken broth	• 1 ½ cups low sodium vegetable broth, 1 ½ cups water
• 1 cup fresh orange juice	•
• 1 tbsp honey	• 1 tsp agave
• ½ tsp kosher salt	• To taste
• ½ tsp fresh grated nutmeg	•
• 1 ½ tbsp curry power (or to taste)	•
• Coarsely ground black pepper to taste	•
• 1 ¼ cups half and half	• 1 ¼ cups non fat evaporated milk
• ¾ cup crumbled blue cheese or shredded cheddar cheese	• Spoonful of nonfat, plain yogurt
• Shredded fresh basil	•

Preparation

1. Melt butter in a saucepan, add leeks and sauté until soft, about 5 minutes at medium heat. Add apples and cook until they just start to turn soft, about 5 minutes.
2. Add squash, potatoes, sherry and broth. Bring to a boil, cover, reduce heat and simmer until potatoes and squash are tender but not mushy – about 30 minutes.
3. Add orange juice, honey, salt, nutmeg, curry and pepper, stir and then let cool slightly. Transfer to a blender and puree (in batches if necessary). Return to saucepan and add half-and-half. Heat at low temperature; do not boil.
4. Place soup in bowls and top with cheese and/or basil.

Serves 10

Required Tools

- Medium saucepan, preferably with a heavy bottom and a lid
- Microplane grater for nutmeg
- Wet measure cup
- Measuring spoons
- Chopping board
- Chef's knife
- Wooden spoon for stirring
- Blender

Recipe adapted from one by Frank Turner, chef with the Matt Prentice Restaurant Group in Detroit, MI
Nutrition information from NutriCalc Plus 3.0

Nutrition Facts – Original Recipe

Servings per Recipe: 10

Amount Per Serving

Calories: 189

Total Fat: 9 g

Saturated Fat: 5.6 g

Trans Fat: 0.2 g

Polyunsaturated Fat: 0.4 g

Monounsaturated Fat: 2.6 g

Cholesterol: 26 mg

Sodium: 300 mg

Total Carbohydrates: 22 g

Fiber: 2.4 g

Sugar: 9.4 g

Protein: 6 g

Vitamin A: 303 mcg

Vitamin C: 25 mg

Vitamin E: 1 mg

Calcium: 131 mg

Iron: 1 mg

Niacin: 2 mg

Nutrition Facts – Healthy Makeover

Servings per Recipe: 10

Amount Per Serving

Calories: 139

Total Fat: 4 g

Saturated Fat: 0.7 g

Trans Fat: 0 g

Polyunsaturated Fat: 0.3 g

Monounsaturated Fat: 2.3 g

Cholesterol: 3 mg

Sodium: 81 mg

Total Carbohydrates: 23 g

Fiber: 2.4 g

Sugar: 14 g

Protein: 5 g

Vitamin A: 273 mcg

Vitamin C: 25 mg

Vitamin E: 1 mg

Calcium: 176 mg

Iron: 1 mg

Niacin: 1 mg