

A CREAM OF SQUASH THRILLER

Squashes and pumpkins are common staples in the fall. Here is a recipe for a delicious and creamy butternut squash soup to try this fall.

Butternut squash is a winter squash: it ripens throughout the summer, and is harvested in winter. The carbohydrate content of winter squashes is higher than that of summer squashes (such as zucchini).

Native Americans called squash one of the “Three Sisters” (squash, corn and beans), i.e. crops usually planted together. The cornstalk provided support for the beans to climb, and shade to protect the squash. In turn, the vines of the squash prevented weeds from overgrowing, and damaging these crops. Finally, the beans supported the growth of corn and squash by increasing the availability of nitrogen (a natural fertilizer) in the soil.



Squash facts: this type of squash provides fiber, vitamin C, manganese, magnesium, and potassium. It is also an excellent source of vitamins A and E.

Squash nutrition: winter squashes are categorized as starchy vegetables, while summer squashes are non starchy vegetables (source: *Choose Your Foods: Exchange List for Diabetes*, American Diabetes Association, 2008).



Preparation tips:

- ★ Bake the squash ahead of time. Cut it lengthwise, and place the two halves face down with a couple of tablespoons of water in the baking tray. Approx. baking time is 45-60 minutes at 350°F. Peel it and cut it in large cubes after it has cooled down.
- ★ You can replace the water with low sodium broth.

BUTTERNUT SQUASH CREAM

Ingredients for 10 servings of approx. 1 cup:

1 small squash (1 ½ lbs), baked
 1 tsp canola oil
 1 small onion, diced
 2 celery stalks & 1 carrot, chopped
 1 tsp cumin powder
 1 pinch ground cloves
 chili flakes and pepper to taste
 6 cups cold water
 yogurt (plain, non fat)
 chopped chives or parsley

Directions: Heat oil over medium heat; cook celery, onion and carrot until soft (approx. 10 minutes).

Stir in squash, cumin, and cloves. Add chili flakes and pepper to taste. Add water and simmer for 20-25 minutes. Turn off heat, and puree the squash with an immersion blender (be careful... you are handling HOT soup).

Before serving, garnish with a tablespoon of low fat yogurt and a sprinkle of chives or parsley.

1 serv. = 10 gr. carbohydrates