

BUTTERNUT SQUASH HUMMUS

Ingredients:

1 1/4 lbs. butternut squash cubed
4 Tbs olive oil
1 tsp cinnamon
Salt & pepper to taste
1 can (15 oz) chickpeas drained (reserve the liquid)
1/2 cup plain Greek yogurt
1/4 cup tahini paste
1/3 cup fresh lemon juice
4 tsp garlic
1 tsp sirracha
Maple syrup
Pumpkin seeds (optional)
Toasted pita bread or vegetable sticks for dipping

Instructions:

Preheat oven to 425. Place butternut squash on sheet pan and toss with olive oil, salt and pepper. Sprinkle with cinnamon and toast in oven for 15 minutes. Cool for 15 minutes. Place squash in food processor with chickpeas, lemon juice, 1/2 cup liquid from chickpeas, yogurt, garlic and tahini paste and pulse until pureed. Garnish with maple syrup & pumpkin seeds.

Eat Well, Live Well!

ROASTED BUTTERNUT SQUASH SOUP

Ingredients:

1 3 1/2 lb butternut squash (peeled)
2 garlic cloves (chopped)
1 inch fresh ginger (chopped) or 1/4 tsp of ground ginger powder
1 white or red medium onion (coarsely chopped)
4 cups bone broth or chicken/veg/beef stock
1 Tbsp of avocado or light olive oil
Cracked black pepper
1/2 tsp of salt
3/4 cup roasted pumpkin seeds to garnish
1/4 cup low fat Greek yogurt to garnish
Nutmeg powder and fresh or dried parsley to garnish

Instructions:

Preheat oven to 425
Slice the ends off the butternut squash. On a flat surface stand the squash on the bulb end and carefully slice it in half lengthwise. Use a spoon to remove seeds and membrane. Transfer the squash to a baking tray cut side up, coat with olive or avocado oil, sprinkle with salt and pepper. Then flip the squash over so the cut side is down and roast for 40 minutes. Turn upside down and roast for another 30 minutes. Cool the squash, cut it into cubes. Place in pot or instant pot. Add 1 Tbsp of olive or avocado oil. Add chopped onions, ginger, garlic and sauté. Add cubed roasted squash and bone broth or stock. Cover with the lid and cook for 30 minutes on low/medium heat. Use an immersion blender to blend the ingredients. Add Greek yogurt and give it a swirl. Garnish with nutmeg, crushed black pepper, parsley, and pumpkin seeds. Enjoy!