

Soup's On – One way to avoid consuming the salt loaded canned soups is to make your own. Be adventurous and try these deliciously healthy soup recipes.

Butternut Squash Soup with Ginger:



- 1 Tbsp olive oil
- 4 garlic cloves, chopped
- 2-3 Tbsp chopped fresh ginger
- ½ tsp black pepper
- ½ tsp ground cumin
- ½ tsp ground cinnamon
- 5 cups cubes butternut squash (to save time you can buy it already peeled and cubed)
- 3 cups lower-sodium vegetable broth
- 2 cups water
- 6 Tbsp plain nonfat yogurt

Heat the oil in a medium stockpot over medium-high heat. Add the garlic, onion, and ginger and sauté for 2-3 minutes. Stir in the pepper, cumin, and cinnamon and sauté for 30 seconds. Add the squash, broth, and water and bring to a boil. Reduce the heat and simmer for 10-15 minutes or until the squash is tender.

In a blender or food processor, puree the soup in batches until smooth. Top with yogurt and serve. Makes 6 servings.

Per serving (1 cup)

Calories: 140
Total fat: 3 gm
Sat fat: 0 gm/trans fat: 0 gm
Fiber: 4 gm
Sodium: 250 mg
Cholesterol: 0 mg
Carbohydrates: 30 mg
Protein: 5 gm