Red-Curry Butternut Squash Soup
Makes 6 (1 ½ cup) servings

Ingredients
1 tablespoon canola oil or coconut oil
1 medium onion, diced
1 stalk celery, diced
2 tablespoons minced fresh ginger or 1 teaspoon ground ginger
1 tablespoon minced garlic
1 butternut squash (about 3 pounds), peeled, seeded and cut into chunks
5 cups low sodium chicken broth or water
1 (13.5 ounce) can lite coconut milk
2 tablespoons Thai red curry paste (find in Asian isle of grocery store)
1 tablespoon lime juice
¼ teaspoon salt (optional)
2 tablespoons chopped cilantro
2 scallions, thinly sliced

Directions
1. In a large soup pot, heat oil over medium-high heat. Add onion, celery, ginger, and garlic. Cook, stirring occasionally, until onion is soft, about 5 minutes.
2. Add squash, chicken broth, curry paste. Simmer 20 minutes, until squash is soft. Stir in coconut milk.
3. Working in batches, puree the soup in a blender.
4. Stir in lime juice and salt, if desired.
5. Ladle into bowls and garnish with cilantro and scallions.

Nutritional Information per 1 ½ cup serving:
Calories: 176 Carbohydrates: 32g
Total Fat: 6g Cholesterol: 0mg
Saturated Fat: 3g Dietary Fiber: 6g
Sodium: 512mg Protein: 3g