



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Butternut Squash Soup

Makes 6 servings

Ingredients:

1 medium butternut squash
1 small onion or large shallot (finely chopped)
1 garlic clove
6 cups water (or low-sodium stock)
1 can white beans
1 TBSP olive oil
1 TBSP cinnamon
1 tsp grated nutmeg
Salt and pepper to taste



Directions:

1. Preheat oven to 400°F.
2. Peel, core, and dice butternut squash into pieces.
3. Toss squash, shallot, and garlic cloves in olive oil. Place on a lined pan and roast in the oven until soft (~25 min).
4. Place cooked squash and rest of ingredients in a pot. Use immersion blender to blend until smooth.
5. Reheat as desired. Optional: Top with roasted pumpkin seeds.

Nutrition Tips:

1. Butternut squash is a great source of potassium, a mineral that is not produced naturally in the body and therefore is important to consume through potassium-rich foods and beverages. In fact, 1 cup butternut squash provides more potassium than a banana.
2. Soups can be made “creamy” without the traditional dairy cream that is chock full of saturated fat. Instead, use a can of beans and some parmesan cheese to give it that “creamy texture” but with lots more nutritional value.
3. Beans like chickpeas are rich in fiber, plant-based protein, manganese and folate.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.