



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 27th, 2014 Cooking Class

Featuring

Dan and Tiffany Gagliardo
Of D'Avolio's Olive Oil and Vinegars

Butternut Squash Soup

Serves 8

Ingredients:

- 1 Leek, medium
- 3 Tablespoons D'Avolio Butter Olive Oil
- 2 Carrots, peeled and coarsely chopped
- 1 Butternut Squash, medium size, about 2.5 lbs
- 2.5 Cups water
- 1 Can chicken broth (14.5 oz)
- 1 Onion, medium coarsely chopped
- ½ Cup half & half

Directions:

- 1) Cut off root and trim the leek, discarding the dark green part of leek.
- 2) Put butter olive oil in pot, add carrots, onions, and leek until brown (about 10 minutes).
- 3) Add squash, water, broth and salt. Heat until boiling, then reduce heat to low.
- 4) Cover and simmer until squash is tender (about 15 minutes).

BLENDER VERSION:

- Remove squash mixture from heat. Spoon half of the squash soup into a blender.
- Puree until smooth then put into a large bowl. Repeat with the rest of the squash soup.
- Pour both mixtures back into the soup pot on low heat.
- Then stir in half & half.
- Heat through (do not boil).

HAND HELD BLENDER VERSION:

- Use your hand held blender in the pot until smooth.
- Stir in half & half (or light cream).
- Heat through (do not boil).

Nutrition Facts	
Serving Size: 1 serving (327.6g)	
Servings: 8	
Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 5g	
Vitamin A 370%	• Vitamin C 50%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

