

Farm Market Recipe



Butternut Squash Soup with Apple Grilled Cheese Sandwiches

Ingredients:

- 2 tablespoons grapeseed oil or coconut oil, divided
- 1 cup chopped onion
- 2 tablespoons minced fresh ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon cayenne pepper, plus more for garnish
- 5 cups cubed (1-inch) peeled butternut squash
- 1 (15 ounce) can light coconut milk, divided
- 2 cups low-sodium no-chicken broth or chicken broth
- 1 small apple, thinly sliced, divided
- ¾ teaspoon salt
- 1 tablespoon lime juice
- 4 slices whole-wheat country bread
- 1 cup shredded smoked Gouda or Cheddar cheese
- Ground pepper for garnish

Directions:

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and ginger; cook, stirring, until starting to soften, about 3 minutes. Add cumin, turmeric and cayenne; cook, stirring, for 30 seconds. Add squash, coconut milk (reserve 4 tablespoons for garnish, if desired), broth, half the apple slices and salt. Bring to a boil. Reduce the heat to maintain a simmer and cook, stirring occasionally, until the squash is tender, about 20 minutes. Stir in lime juice. Remove from heat.
2. Puree the soup in the pan using an immersion blender or in batches in a blender. (Use caution when blending hot liquids.)
3. Divide ½ cup cheese between 2 slices of bread. Top with the remaining apple slices, cheese and bread. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add the sandwiches and cook until lightly browned on both sides and the cheese is melted, about 2 minutes per side. Cut in half. Garnish the soup with the reserved coconut milk, more cayenne and ground pepper, if desired.

Tip

To make ahead: Refrigerate soup (Steps 1-2) for up to 3 days.

Nutrition Facts:

Servings: 4

Serving Size: 1½ cup & ½ sandwich

Per Serving: calories 419; protein 14g; carbohydrates 28g; dietary fiber 3g; total sugars 10g; total fat 23g; saturated fat 11g; cholesterol 26mg; vitamin A 16928IU; vitamin C 29mg; folate 50mcg; sodium 827mg; calcium 298mg; iron 2mg; magnesium 73mg; potassium 623mg.

Recipe from eatingwell.com