



METABOLIC NUTRITION PROGRAM

Squash Soup in Pumpkin Bowls- 4 servings

Adapted from *Food Network Magazine*

Per Serving: 290 Calories, 5 gm Protein, 6 gm Fat, 62 gm Carbohydrates

Soup: 110 Calories, 1 gm Protein, 6 gm Fat, 15 gm Carbohydrates

Bowls:

4 small baking pumpkins (hooligan or sugar pie), acorn squash, kabocha or sweet dumpling squash

2 teaspoon sugar

2 teaspoon salt

Soup:

2 tablespoon unsalted butter

½ onion, chopped

1 teaspoon salt

2 sprigs fresh thyme

1 medium butternut squash (about 2 pounds), peeled and cut into 1-inch pieces

1 teaspoon sugar

5 cup water

Freshly ground pepper

Directions

1. Preheat oven to 400 F.
2. Use a paring knife to cut a large circle around the stems of each pumpkin (make a zigzag cut, if desired). Remove the lid and scoop out the seeds and fibers.
3. Sprinkle the inside of each with ½ teaspoon each sugar and salt. Place the pumpkins and lids on a baking sheet and roast until tender, 20 to 35 minutes, depending on their size.
4. Meanwhile, make the soup: melt the butter in a large saucepan over low heat. Add the onion and 1 teaspoon salt. Strip thyme leaves into the pot, increase the heat to medium and cook, stirring occasionally, until onion is soft, about 5 minutes. Add the squash and sugar and cook, stirring, until glazed, 3 to 4 minutes. Add 5 cups water and bring to a boil. Reduce the heat to low and simmer, uncovered, until squash is tender, 15 to 20 minutes.
5. Working in batches, transfer the soup to a blender, crack the lid to let steam escape and puree until smooth. Return to the saucepan (or puree directly in the pan with an immersion blender).
6. Pour in soup into the baked pumpkin bowl.

Nutrition Facts	
Serving Size (873g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1770mg	74%
Total Carbohydrate 62g	21%
Dietary Fiber 9g	36%
Sugars 15g	
Protein 5g	
Vitamin A 280%	• Vitamin C 120%
Calcium 20%	• Iron 20%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	