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

**Bows:**
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.