

## Classic Butternut Squash Soup

Source: [www.wholefoods.com](http://www.wholefoods.com)

Serves 6

### **Ingredients**

2 tablespoons olive oil  
2/3 cup diced carrot (about 1 (8-inch) large carrot)  
1/2 cup diced celery (about 1 (11-inch) large stalk)  
2/3 cup diced onion (about 1 medium onion)  
4 cups cubed butternut squash (about 1 medium squash)  
1/2 teaspoon chopped fresh thyme  
4 to 6 cups low-sodium chicken broth  
Sea salt and ground black pepper, to taste

### **Method**

Heat olive oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Add butternut squash and thyme. Stir to combine with vegetables. Stir in chicken broth and season with salt and pepper.

Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to puree soup. Alternatively, let the soup cool slightly and carefully puree in batches in a traditional blender.

### **Nutrition**

Per serving (379.77g-wt.): 140 calories (50 from fat), 6g total fat, 1g saturated fat, 6g protein, 20g total carbohydrate (5g dietary fiber, 4g sugar), 0mg cholesterol, 180mg sodium

## Old Fashioned Apple Cake

Source: <http://southernfood.about.com> (Shirl's Apple Cake)

Prep Time: 10 minutes

Cook Time: 45 minutes

### **Ingredients:**

- 2 eggs
- 1 1/2 cups sugar (original recipe calls for 2 cups)
- 1/2 cup vegetable oil
- 1 teaspoon vanilla
- 2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 4 cups diced peeled apples
- 1 cup chopped walnuts
- Cream Cheese Frosting, below

### **Preparation:**

Beat eggs until light and fluffy. Gradually add sugar, oil and vanilla. Into a separate bowl, sift together flour, salt, baking soda, cinnamon and nutmeg; stir into first mixture. Stir in apples and walnuts. Put in greased 13x9x2-inch baking pan and bake at 350° for 45 minutes. Let cake cool in pan on a rack for 10 to 15 minutes. Spread apple cake with cream cheese frosting.

### **Cream Cheese Frosting (modified from original recipe)**

- 1 pkg.(8 ounces) cream cheese, softened
- 4 tablespoons butter, softened
- Pinch of salt
- 2 teaspoon vanilla
- 1 1/2 cups confectioners' sugar

Combine all ingredients in a mixing bowl; beat until smooth.