

the Chef's

healthy
choice

Pumpkin Spice Granny Smith Bisque

Ingredients (Serves 10):

- * 1/2 each Butternut Squash
- * 2 each Granny Smith
- * 1 tbsp Canola Oil
- * 3 cups Vegetable Stock
- * 1 1/4 tbsp Light Brwn Sugar
- * 1/2 cup Apple Cider
- * 1 tsp Kosher Salt
- Nutmeg
- Cinnamon
- Fresh Parsley



Directions:

Peel, chop and roast butternut squash in 325F oven for 15-25 minutes. Combine squash with peeled and chopped apples, and remaining ingredients in medium pot. Simmer for 30 minutes. Puree. Garnish with fresh parsley and serve.

Nutrition facts per 8 fl oz serving:

101 kcal, 5g fat, 15g carbohydrates, 2g fiber, 1g protein, 230mg sodium