



CHEF PAUL'S HEALTHY HOLIDAY COOKING DEMO

RECIPE SHEET

www.callchefpaul.com

Healthy Butterscotch Dip

The dip is very simple!

- ◆ 1 cup vanilla low fat yoghurt
- ◆ 1 cup light sour cream
- ◆ 1 pack no fat, no sugar butterscotch pudding dessert from Jello.

Mix together; add a little milk if it starts to bind up.

Chill and serve with apples.

Quick & Easy Smoothies

- ◆ 1 cup soy milk – I prefer light vanilla by Silk
- ◆ 1 cup of frozen strawberries
- ◆ 1 banana (optional)

Blend together in a blender and serve chilled!

Roasted Butternut Squash Soup

See pg. 2!

Aussie in the Kitchen, PCS



Select Michigan and
the Apple Board

Healthy Roasted Butternut Squash and Apple Soup

3 Michigan Gala Apples (cored and diced)
2 cups butternut squash, 1/2 " pieces roasted
2 tablespoons butter
1 large onion, finely chopped
1/2 teaspoon nutmeg freshly ground
4 (or more) cups Lo sodium Chicken stock or vegetable broth PLUS
1 tablespoons Lo sodium Chicken stock or vegetable broth
1 cup Michigan Apple cider
Light sour cream To taste
2 tablespoons fresh chives

Directions for 6-8 Servings:

Peel squash and cut into pieces. Place the squash in a bowl and toss very lightly with salt and pepper and a little Olive Oil or Canola oil.

Line a cookie sheet with parchment paper or foil (to help with clean-up) and turn out the squash on to the cookie sheet. Roast at 450 degrees F for about 30 minutes. You want the squash to brown (caramelize) well.

Time saving hint If you don't have time to roast the squash, you can use frozen squash that has thawed ... but the roasting can be done ahead of time and will add so much flavor to the soup.

Heat 2 TBS butter and 1 TBS broth in large soup pot over medium heat.

Sauté onion in butter and broth over medium heat for 5 minutes, stir frequently, until translucent. Add nutmeg and continue to sauté for another minute.

Core and dice apples and add to the onion mix.

Add squash and rest of the broth and the apple cider and stir well. Bring to a boil on high heat.

Once it comes to a boil reduce heat to medium low and simmer uncovered for about 10 minutes.

Place in blender and blend. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. If you have a hand blender These work great and make life so much easier!

Thin with a little cider if needed.

Season to taste with salt and white pepper. Ladle to bowls and add sour cream and chives.

Calories :147: 3.8 g Fat, 2.1g Saturated, 9 mg Chol; 26 g Carb; 5g Fiber; Vit A (IU)3344mg ;
Sodium 229 mgs ; Protein 1.3 g

If you have any questions about this recipe or cooking questions
feel free to call me @ 734-516-0236 or email me at chefpaul@callchefpaul.com