**Winter Squash Soup with Almond Butter**

Serves 6  
Recipe by Courtney McDonald, Foothill Farmers’ Market Association

**Ingredients:**
- 1/4 cup extra-virgin olive oil
- 1 large onion, thinly sliced
- 4 cloves garlic, thinly sliced
- 2 medium butternut, Kabocha, or other hard squash, peeled and diced into 1-inch chunks
- 4 cups chicken or veg. broth
- Salt and pepper, to taste
- 1/2 cup heavy cream
- 2 Tbsp. Almond butter (optional)

In a soup pot, heat the olive oil over medium heat. Add onions and garlic; cook, stirring occasionally, until onions are translucent, about 10 min. Add the squash and broth. If needed, add water to just cover the squash. Bring to a boil, then reduce heat to a simmer. Season with salt and pepper. Cook, stirring occasionally, until squash falls apart when poked with a fork – about 25 minutes. Purée soup in a blender and add cooking liquid to adjust the thickness. Taste for seasoning and adjust if necessary. Return the puréed soup to the pot and add the cream. Ladle soup into 6 large soup bowls and garnish with a teaspoon of the almond butter. Serve immediately!

**Nutritional Information:**

Winter squash comes in many varieties and sizes with a wide range of favors and textures. Unlike its summer counterparts, winter squash is harvested at maturity. The skin is hard and inedible, but it protects the squash and increases its storage life.

Most varieties of winter squash may be stored for three to six months at 45 to 50°F. At room temperature, storage time ranges from six weeks to three months.

The yellow and orange flesh of winter squash is more nutritious than summer squash. Butternut squash is low in fat and high in fiber. It is a good source of niacin, potassium, and magnesium. A one cup serving provides 457% of the daily adult requirement of Vitamin A and 52% of Vitamin C.

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