

November 2018 Menu:

- *Butternut Squash Soup*
- *Grilled Chicken with Pear Salsa*

Nutrition Facts

4 servings per container

Serving size 1 meal

Amount per serving

Calories 520

% Daily Value*

Total Fat 22g 28%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 490mg 21%

Total Carbohydrate 57g 21%

Dietary Fiber 10g 36%

Total Sugars 26g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg 0%

Calcium 147mg 10%

Iron 3mg 15%

Potassium 1312mg 30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Butternut Squash Soup

Makes 6 servings; serving size is 1 cup

Ingredients

- 1 small butternut squash (about 3 pounds), peeled, seeded, and cut into 1-inch dice
- 2 medium apples (about ½ pound), peeled, cored, and diced
- ¼ medium red onion, diced
- 4 garlic cloves, peeled
- ¼ cup olive oil, divided
- 1 quart low-sodium vegetable broth
- 2 teaspoons ground cardamom
- 1 teaspoon ground allspice
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 teaspoons grated (or minced) fresh ginger
- ¼ cup pumpkin seeds, toasted

Preparation

Preheat oven to 450° F. While oven is preheating, place 2 rimmed baking sheets into oven to preheat.

Place squash into a large bowl and toss with 2 *tablespoons* oil. Transfer to one of the rimmed baking sheets.

Place the apple, onion, and garlic into the bowl, and toss with the remaining 2 *tablespoons* oil. Transfer to the other rimmed baking sheet.

Place both baking sheets into the oven and roast, stirring occasionally, until lightly browned, about 15 to 20 minutes.

Set aside ⅓ of the roasted squash. Place the remainder of the squash in a large pot along with the apple, onion, garlic, broth, cardamom, allspice, nutmeg, salt, and pepper. Warm the ingredients over medium heat, stirring occasionally, for 4 to 5 minutes or until heated through. Stir in the fresh ginger, and remove from heat.

Puree with an immersion blender until smooth (alternatively, whisk until smooth). Fold in the reserved diced squash. Top with toasted pumpkin seeds.

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 240

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 34g 12%

Dietary Fiber 6g 21%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 125mg 10%

Iron 2mg 10%

Potassium 802mg 15%

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Grilled Chicken with Pear Salsa

Makes 4 servings; serving size is 4 ounces chicken and ¼ cup salsa

Ingredients

Chicken:

- 2 boneless, skinless chicken breasts (about 1 pound total), each cut in half crosswise
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 3 garlic cloves, unpeeled

Pear salsa:

- ¼ cup dried cranberries
- 2 Bartlett pears, peeled, cored, and diced
- Zest and juice of 1 lime
- 1 tablespoon chopped chives
- 1 tablespoon olive oil

Preparation:

To prepare chicken, heat olive oil in a large skillet over medium heat. Season the chicken on both sides with salt and pepper, and place in skillet. Cook for 4 minutes, then flip over. Cook for 1 minute, then add the whole, unpeeled garlic cloves to the skillet. Cook for another 3 minutes or until an instant-read thermometer inserted into the thickest part of the chicken registers 165° F. Remove from heat and set aside.

To prepare salsa, reconstitute dried cranberries by soaking in hot water for a few minutes to soften. Drain well and transfer to a small bowl.

When cool enough to handle, remove garlic from the skillet. Gently squeeze the cloves out of the skins and mince. Add to the bowl along with the diced pear, lime zest and juice, chives, and olive oil, gently stirring to combine ingredients.

Serve chicken breasts topped with the salsa.

Nutrition Facts

4 servings per container

Serving size 4 oz chicken and
1/4 cup salsa

Amount per serving

Calories **280**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 200mg **9%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **14%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 26g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 1mg **6%**

Potassium 510mg **10%**

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