

CureSearch for Children's Cancer - Recipes for Healthy Eating

Triple Squash Soup

1 small pie pumpkin, about 3 lbs.
1 acorn squash, about 1½- 1¾ lbs.
1 butternut squash, about 1½- 2 lbs.
1 medium onion, chopped
2 tablespoons olive oil
1 apple, peeled and roughly chopped
2 cloves garlic, minced
1 teaspoon minced fresh ginger
2 tablespoons honey
2½ teaspoon curry powder
¼ t cayenne
1 15-ounce can light coconut milk
4-6 cups vegetable broth
Salt to taste

Roast the squash: cut each squash in half, put face down on a cookie sheet, add about 1 cup of water to the pan. Roast in 375° oven for 40-50 minutes, until soft. Cool, remove seeds, scrape flesh from half of each squash into a bowl and set aside. You want to yield about 2½- 3 lbs. of flesh. (This step can be done up to three days in advance)

Make the soup: heat olive oil in a large stock pot, sauté the onions until soft. Add the garlic, ginger, curry powder, cayenne and apple, stir well and let cook two or three minutes. Add the squash and broth, bring to a boil, reduce heat to a simmer. Add coconut milk, honey and continue simmering for another 30-45 minutes, until all ingredients are very soft. Puree the soup, with a hand-help machine, a blender, or in batches with a food processor. Adjust taste for salt. Serves 6-8.

Nutritional info: Calories 302; Total Fat: 10g; Protein: 5.7g; Carbohydrates: 55g.

Recipes from Happily Hungry: Smart Recipes for Kids with Cancer, to order a copy (\$19.95 plus S&H) please visit www.happilyhungry.com



CURESEARCH
FOR CHILDREN'S CANCER

curesearch.org | info@curesearch.org | (800) 458-6223