



Pumpkin-Apple Soup with Pepitas

Makes 4 servings. Recipe from Cooking Light.

Serving size 1-1/2 cups soup & 3/4 tsp pepitas.

Ingredients

2 tablespoons olive oil
2 cups chopped onion
3 garlic cloves, chopped
4 cups (1/2-in.) cubed peeled fresh pumpkin
(about 1 lb. 2 oz.)
1 large Granny Smith apple, cut into 1/2-in. cubes
1/4 teaspoon ground cinnamon
1/2 teaspoon salt, divided
3 cups unsalted vegetable stock
2 tablespoons raw hulled pepitas (pumpkin seeds)
2 teaspoons sugar
1/4 cup apple cider
1/4 cup lowfat yogurt

Nutritional info per serving

Calories:	275
Total fat:	9g
Cholesterol:	5mg
Sodium:	541mg
Total Carbs:	45g
Protein:	10g

Directions

1. Heat oil in a large pot over medium heat; swirl to coat. Add onion; cook 5 minutes, stirring occasionally. Add garlic; cook 2 minutes. Add pumpkin, apples, cinnamon, and 1/4 teaspoon salt; cook 5 minutes, stirring often. Add stock; bring to a boil. Reduce heat to medium-low; simmer 25 minutes or until pumpkin and apples are tender.
2. While soup cooks, combine pepitas, sugar, and remaining 1/4 teaspoon salt in a medium nonstick skillet over medium heat. Cook 7 minutes or until sugar melts and pepitas are toasted, stirring often. Transfer to a plate; cool completely, breaking up any clumps.
3. Place half of pumpkin mixture in a blender, remove center piece of blender lid (to allow steam to escape). Secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters); blend until smooth.
4. Place soup in a large bowl. Repeat procedure in blender with remaining pumpkin mixture.
5. Pour in apple cider into pumpkin mixture.
6. When ready to serve, reheat and serve soup topped with yogurt and sprinkle evenly with pepitas.