

# Honeynut Squash Soup

I choose these mini squash as they are easy to handle. Roasting the squash, onions and carrots caramelizes them and brings out their sweetness.

**Prep Time: 30 minutes**

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## INGREDIENTS

- 1/4 cup olive oil
- 4 honeynut squash or 1 butternut squash, cut in half. Scoop out seeds
- 4 carrots, cut in half and cut lengthwise into strips
- 1 medium onion, cut into quarters
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 teaspoons turmeric
- 1 teaspoon cumin
- 6 cups low sodium vegetable or chicken broth
- Sea salt and black pepper to taste
- 1 cup plain Greek yogurt
- Garnish with pepitas

**Yield: 6-8 servings**



**Cook time: 1 hour (roasting veggies)**

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## PREPARATION

- Preheat oven to 350° F.
- Line cookie sheet with parchment paper. Drizzle squash with olive oil and place cut side down. Cook for 30-35 minutes until soft and knife easily pierces skin. Allow to cool. Scoop out squash flesh. If using butternut squash cooking time will be closer to 50-55 minutes.
- On a second cookie sheet place carrots and onions. Drizzle with 1 tablespoon of olive oil; toss to combine. Place in oven and roast for 20-25 minutes until soft and golden brown.
- Meanwhile, in a large stock pot sauté 1 tablespoon olive oil, minced garlic, minced ginger, turmeric and cumin over medium heat until fragrant, about 30 seconds. Add in the broth and roasted vegetables. Bring to boil, simmer until all vegetables are soft. Remove from heat. Allow to cool slightly.
- Using an immersion blender, carefully puree the vegetables until the soup is a smooth consistency. If you don't have an immersion blender work in batches and transfer to blender and blend until pureed. Then return to pot.
- Add Greek yogurt and heat for another few minutes.
- Garnish with pepitas. Enjoy!

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