



©2007. Terri Hill "Oh, My Squash!"

Winter Squash Soup

(Clay Olitt, Malcolm X Elementary School)

Ingredients:

- 2 medium winter squash, such as butternut, kabocha or acorn squash
- 2 Tbsp. olive oil
- 2 yellow onions
- 4 cloves of garlic
- 6 cups of low sodium vegetable stock
- 1 can (14oz) light coconut milk (optional)
- Few sprigs of cilantro
- 1 teaspoon salt

Directions:

1. Peel and seed squash, cut into large chunks and set aside. Dice onions and mince the garlic. Heat the olive oil in a large soup pot over medium heat, add the onions and garlic and sauté until the onions have turned golden brown, about 10 min.
2. Add the squash to the pot and sauté for 3 minutes. Add the vegetable stock and bring to a boil. Cook for 10 minutes, then add the coconut milk (optional), cilantro, salt and pepper and bring to a boil. Turn off the heat and let soup cool briefly.
3. Working in batches, pour the soup into a blender and puree until smooth. Return soup to the pot to reheat, adding more salt and pepper as needed.

8 servings

November

Monday Tuesday Wednesday Thursday Friday

			1 Turkey or Vegetable Pot Pie with Crumb Topping Salad Bar Fresh Fruit 1% Milk	2 Beef or Vegetable Nachos Rice & Beans Salad Bar Fresh Fruit 1% Milk
5 Mediterranean Pita Pizza Salad Bar Fresh Fruit 1% Milk	6 Sloppy Joes or Vegetable Joes Whole-Wheat Bun Salad Bar Fresh Fruit 1% Milk	7 Macaroni & Cheese Salad Bar with Squash Soup Fresh Fruit 1% Milk	8 BBQ Chicken or Tofu Roasted Potato Fries Fresh Vegetables, Salad Bar Whole-Wheat Roll Fresh Fruit 1% Milk	9 Staff Development
12 Holiday	13 Meat or Vegetable Pizza Salad Bar Fresh Fruit 1% Milk	14 Meat or Vegetable Pasta with Marinara Sauce Salad Bar with Squash Soup Fresh Fruit 1% Milk	15 Teriyaki Chicken or Tofu & Vegetable Stir-Fry on Rice Salad Bar Fresh Fruit 1% Milk	16 Chicken or Vegetable Burritos Rice & Beans Salad Bar Fresh Fruit 1% Milk
19 Mediterranean Pita Pizza Salad Bar Fresh Fruit 1% Milk	20 Oven-Fried Fish Roasted Potatoes Fresh Vegetables Fresh Fruit 1% Milk	21 Garlic Chicken & Pasta or Vegetable Pasta with Cheese Salad Bar with Squash Soup Fresh Fruit 1% Milk	22 Holiday	23 Holiday
26 Meat or Vegetable Pizza Salad Bar Fresh Fruit 1% Milk	27 Chicken or Vegetable Chow or Lo Mein Salad Bar Fresh Fruit 1% Milk	28 Meat or Vegetable Pasta with Marinara Sauce Salad Bar with Squash Soup Fresh Fruit 1% Milk	29 Roast Turkey or Vegetable Patty Mashed Potatoes & Fresh Vegetables, Whole-Wheat Roll Salad Bar Fresh Fruit 1% Milk	30 Chicken or Vegetable Tamales Rice & Beans Salad Bar Fresh Fruit 1% Milk