



Fresh Pumpkin Soup

Serves 8

7 cups fresh pumpkin, roasted, peeled and diced
3.5 cups reduced sodium chicken broth
1 medium to large tart apple, peeled and chopped
½ large sweet onion, chopped
2 carrots, peeled and diced
2 tablespoons fresh-squeezed lemon juice
1 teaspoon minced, fresh gingerroot
2 garlic cloves, minced
¼ teaspoon salt

1. To roast pumpkin, preheat oven to 400 degrees F. Cut whole pumpkin in half, discarding seeds. Cut each half into several pieces. Place on baking sheet, drizzle with olive oil, and season with salt and pepper. Roast in oven until tender but not falling apart, about 30 to 40 minutes. Let cool, peel away skin, and dice.
2. In large sauce pan, combine remaining ingredients and cook until apples are tender.
3. Combine roasted and diced pumpkin to apple mixture. Cool slightly.
4. Process soup in batches in a blender. Return to saucepan; heat for another 15-20 minutes until flavors combine.
5. Serve and enjoy!

Nutritional Analysis

Serving Size: About 1 cup

Calories	70
Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	120mg
Carbohydrates	15g
Fiber	2g
Protein	4g

Diabetic Exchanges:

Protein	.5
Carbohydrates	1
Fat	0