

Featured Vegetable

BUTTERNUT SQUASH

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin B6, Fiber, and Potassium.



Thai Butternut Squash Soup with Parsnips

Ingredients	Directions
<ul style="list-style-type: none">● 1 butternut squash - whole, poked with a knife and roasted at 450° until tender● 4 parsnips, grated● 1 14-ounce can coconut milk● 2 tablespoons olive oil● 1 tablespoon (or more) red Thai curry paste● water● Salt & Pepper to taste● Roasted pumpkin seeds to top (optional)	<ul style="list-style-type: none">● Add olive oil to the bottom of a soup pot and saute grated parsnips until tender.● Cut open the butternut squash, scoop out the seeds and put to the side. Then, scoop out all of the squash flesh and add to the pot.● Add the coconut milk and curry paste and bring to a simmer.● Remove from heat and puree with a hand blender until smooth or leave chunky.● Add a cup of water at a time; until the soup is the consistency you prefer.● Return to simmer and add salt and more red curry paste if desired.● ENJOY!!!