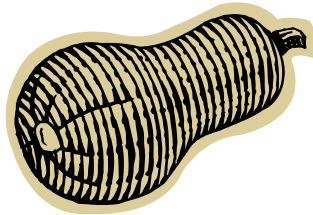


Rosemary Roasted Butternut Squash

1 medium butternut squash, peeled, seeded, and cut into $\frac{3}{4}$ -inch cubes
1 medium carrot, peeled and cut into $\frac{1}{2}$ inch cubes
1 small onion, peeled and chopped
1 $\frac{1}{2}$ Tbsp fresh rosemary, chopped
1 Tbsp olive, canola, or vegetable oil
 $\frac{1}{2}$ tsp salt
Black pepper, to taste

1. Preheat oven to 400°F.
2. In a medium bowl, toss butternut squash, carrot, onion, rosemary, and oil together until evenly coated with oil and herbs. Season with salt and pepper.
3. Spread mixture out evenly onto a non-stick baking sheet and roast until tender, about 30 minutes.



Makes: 4 servings

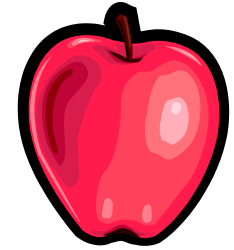
Nutrition Information:

CALORIES 150 (23% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 30g; FIBER 5g; PROTEIN 3g; CALCIUM 10%; IRON 10%



Sweet Potato and Apple Soup

3 lbs sweet potatoes
1 Tbsp olive, canola, or vegetable oil
1 onion
1 celery stalk
1 apple
 $\frac{1}{2}$ tsp salt
Black pepper to taste



1. Preheat oven to 400°F.
2. Prick the potatoes with a fork, place on a baking sheet, and roast until tender, 40 to 45 minutes.
3. Meanwhile, heat the oil in a large saucepan over medium-high heat. Add the onion, celery, and apple and cook, stirring occasionally, until soft, about 10 to 12 minutes.
4. Halve the potatoes, scoop out the flesh, and add to the saucepan. Add 6 cups of water, $\frac{1}{2}$ tsp of salt, and $\frac{1}{2}$ tsp pepper. Cook until heated through, 8 to 10 minutes.
5. If desired, puree the soup in a blender, working in batches. Or mash soup with a potato masher. Add water, if necessary, to reach the desired consistency. Add black pepper if needed.

Makes: 8 servings

Nutrition Information:

CALORIES 160 (13% from fat); FAT 2g (sat 0g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 35g; FIBER 5g; PROTEIN 3g; CALCIUM 6%; IRON 8%