



## Roasted Butternut Squash Soup with Kale Chips

4 servings  
 1 hour 30 minutes

### Ingredients

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Vegetable Broth
- 2 tps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

### Nutrition

Amount per serving	
Calories	218
Fat	8g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	3g
Cholesterol	0mg
Sodium	1859mg
Vitamin A	16470IU
Vitamin C	58mg
Calcium	156mg
Iron	2mg
Selenium	1µg

### Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to four days. Freeze for up to three months.

**More Protein:** Blend in cooked red lentils.