BUTTERNUT SQUASH SOUP w/APPLE GRILLED CHEESE SANDWICHES

Ingredients:

- 2 tablespoons grapeseed or coconut oil, divided
- 1 cup chopped onion
- 2 tablespoons minced fresh ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon cayenne pepper, plus more for garnish
- 5 cups cubed (1-inch) peeled butternut squash
- 1 (15 ounce) can light coconut milk, divided
- 2 cups low-sodium no-chicken broth or chicken broth
- 1 small apple, thinly sliced, divided
- ¾ teaspoon salt
- 1 tablespoon lime juice
- 4 slices whole-wheat country bread
- 1 cup shredded smoked Gouda or Cheddar cheese
- Ground pepper for garnish

Directions:

- Step 1: Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and ginger; cook, stirring, until starting to soften, about 3 minutes. Add cumin, turmeric, and cayenne; cook, stirring, for 30 seconds. Add squash, coconut milk (reserve 4 tablespoons for garnish, if desired), broth, half the apple slices and salt. Bring to a boil. Reduce the heat to maintain a simmer and cook, stirring occasionally, until the squash is tender, about 20 minutes. Stir in lime juice. Remove from heat.
- Step 2: Puree the soup in the pan using an immersion blender or in batches in a blender. (Use caution when blending hot liquids.)
- Step 3: Divide 1/2 cup cheese between 2 slices of bread. Top with the remaining apple slices, cheese and bread. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add the sandwiches and cook until lightly browned on both sides and the cheese is melted, about 2 minutes per side. Cut in half. Garnish the soup with the reserved coconut milk, more cayenne and ground pepper, if desired. Makes 4 servings.

NUTRITION PER SERVING:

Serving Size: 1 1/2 cups soup and 1/2 grilled cheese
Per Serving: 419 calories; protein 14g; carbohydrates 43g; fiber 8g; sugars 10g; fat 23g; saturated fat 11g; cholesterol 26mg; sodium 827 Reference: www.eatingwell.com