

## Butternut Squash Soup

(adapted from Allrecipes.com)

### Ingredients:

1 medium Butternut Squash, peeled, seeded & diced (1")  
1 medium onion, peeled & quartered  
2 cloves garlic, peeled & crushed  
2 Golden Delicious or other baking apples, peeled, cored & quartered  
Olive oil, or Healthy Delights oil for more flavor

1 quart box chicken stock  
1/2 tsp. dried thyme  
1/4 tsp. ground black pepper  
1/8 teaspoon ground cayenne pepper  
1 (8 ounce) package cream cheese (regular or light)

### Directions:

- Preheat oven to 400°. Toss squash, onion, garlic, and onions with oil to coat. Season with salt & pepper to taste. Arrange on large rimmed baking sheet & roast 25-30 minutes, until squash is tender.
- Transfer to a large pot and add stock, thyme, pepper and cayenne pepper. Simmer about 15 minutes.
- Puree squash mixture in food processor with cream cheese (in batches); return to pot to reheat, but don't boil.