

Cranberry Butternut Squash Soup & Baked Chicken Breast

Serving: 1

- 1/4 of a fresh butternut squash
- 1/4 of a medium onion, chopped
- 1 oz fresh cranberries
- 1 clove fresh garlic
- 1 fresh carrot
- 1/2 teaspoon dry rosemary crushed
- 1/4 teaspoon cinnamon
- 1/4 teaspoon curry powder
- 1 1/2 teaspoon ground flaxseed
- 1/4 teaspoon cumin powder
- Pepper to taste
- Pinch salt
- Serve with one each baked chicken breast

1. Seed and cube the butternut squash
2. In a large pot combine broth along with cranberries, squash, onion, carrot and garlic
3. Add cinnamon, curry powder, cumin, ground flaxseed, rosemary, salt and pepper. Cook over medium heat for 30-40 minutes until squash is fork tender
4. Lower the heat to a simmer, cook for an additional 15-20 minutes
5. During the last 15-20-minute simmer, prepare a chicken breast; sprinkle with pepper, place on a sheet pan in the oven at 350 for approximately 12-15 minutes or until it reaches 165 degrees.
6. Transfer soup mixture to a blender, puree until smooth. Alternatively, you may use a potato masher to break up larger pieces of vegetable (this method will not be smooth but will be equally tasty)
7. Serve warm. Some toppings to consider would be a dollop of plain Greek yogurt or freshly chopped basil leaves.

Butternut squash is a nutritional powerhouse delivering vitamin A (beta-carotene), vitamin C, potassium, thiamine, vitamin B6, calcium and niacin. Also a good source of fiber.