Butternut Squash Soup with Pepitas

*Makes 8 servings. Serving size 1 cup & 2 tablespoons spiced pepitas.
Recipe from Epicurious.*

Ingredients

Pepitas
1 tablespoon powdered sugar
1 tablespoon brown sugar
1 tablespoon egg white, lightly beaten
1/4 teaspoon water
1/8 teaspoon salt
1/8 teaspoon ground cinnamon
Dash of ground cayenne pepper
3/4 cup peptitas (pumpkinseeds)
Cooking spray

Butternut squash
1 (3 1/2-pound) butternut squash
1 tablespoon canola oil
3/4 teaspoon kosher salt, divided
4 cups fat-free, less-sodium chicken broth
2 cups water

Nutritional info

Calories:	130
Total fat:	3g
Cholesterol:	0mg
Sodium:	449mg
Total Carbs:	25g
Dietary Fiber:	3.6g
Protein:	3.5g

Directions

1. Preheat oven to 300°.

2. Combine first 7 ingredients in a small bowl. Add seeds to sugar mixture, stirring to coat. Spread seed mixture evenly on a baking sheet lined with parchment paper and coated with cooking spray. Bake at 300° for 15 minutes. Stir mixture; bake an additional 15 minutes. Place parchment on a wire rack; cool pepitas mixture. Break into small pieces; set aside.

3. Preheat oven to 350°.

4. Cut squash in half lengthwise; discard seeds and membrane. Brush oil over cut sides of squash; sprinkle cut sides with 1/4 teaspoon salt. Place squash, cut sides down, on a jelly-roll pan. Bake at 350° for 1 hour and 20 minutes or until squash is tender. Cool slightly. Scoop out squash pulp from skins; discard skins.

5. Place squash pulp and broth in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

6. Pour pureed mixture into a medium saucepan; stir in 2 cups water and remaining 1/2 teaspoon salt. Cook over medium-high heat 5 minutes or until thoroughly heated. Top each serving with seeds and a sprinkle of additional cayenne pepper if desired.