



**Memorial  
Cancer Institute**



aprons  
COOKING SCHOOL

## **Roasted Butternut Squash-Apple Soup\*\***

**Serves 4**

### **Ingredients**

2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks  
2 large sweet-tart apples, peeled, cored, large diced  
¼ cup extra-virgin olive oil  
1¼ teaspoons salt, divided  
¼ teaspoon freshly ground pepper  
1 tablespoon chopped fresh sage  
6 cups vegetable broth  
2 tablespoons hazelnut oil  
Pumpkin spice

### **Method**

Preheat oven to 450°F.

Toss squash, apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet.

Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.

Transfer about one-third of the squash and apples to a blender along with 2 cups broth.

Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining ¼ teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes.

Serve each portion topped with drizzle of hazelnut oil and spices.

\*\*This recipe was developed by the Registered Dietitians from Memorial Cancer Institute, Hollywood, Fl. along with the Resident Chef at Publix Aprons Cooking School, Plantation, Fl. Note that the Registered Dietitians featured in these recipe tutorials from Memorial Cancer Institute can only treat patients who are a part of the Memorial Healthcare System treatment team.