

# Vegetarian Butternut Squash & Apple Salad Served in Fresh Pumpkins

Recipe provided by *Culinary Institute of America*



## Ingredients

1 Tbs	unsalted butter
1 ¼ cups	diced onion
1/3 cup	diced carrot
½ cup	diced celery root
1 Tbs	minced fresh ginger
1 clove	garlic, minced
3 to 4 cups	vegetable broth
3 cups	cubed butternut squash
1 cup	sliced tart apple
¼ tsp.	Salt & white pepper
1 tsp.	grated orange zest
1 cup	crème fraîche for garnish (optional)
8	small pumpkins (about a pound each) or one large pumpkin

## Directions

1. Heat the butter in a soup pot over medium heat. Add the onion, carrot, celery, ginger, and garlic. Cook, stirring frequently, until the onion is tender and translucent, 5 to 6 minutes.
2. Add the broth, squash, and apple. Bring the broth to a simmer over medium-low heat and cook until the squash is tender enough to mash easily with a fork, about 20 minutes.
3. While the soup is cooking, wash the pumpkins with mild soapy water, rinse thoroughly, and pat dry. Carve a lid off the tops and remove the seeds from inside.
4. Purée the soup using a handheld blender directly in the pot, with a sieve or a food mill, or in a countertop blender food processor. Return it to the soup pot if necessary. Return the soup to a simmer over medium-low heat.
5. Season the soup as needed with salt, pepper, and orange zest.
6. You can serve the soup in heated bowls topped with a dollop of crème fraîche if desired.
7. Or, to serve the soup in pumpkins, place each pumpkin onto a plate and fill them with soup topped with a dollop of crème fraîche if desired. If serving the soup in

one large pumpkin, place the lid back on top to keep the soup warm. You can also offer the crème fraîche in a separate bowl on the buffet.  
Serves 8

**Nutrition Analysis** per 8-ounce serving without crème fraîche: 80 calories, 2g protein, 17g carbohydrate, 1g fat, 250mg sodium, 0mg cholesterol, 3g dietary fiber