

Pumpkin Soup with Toasted Pumpkin Seeds

Courtesy of Sparksrecipes



Makes: 4 1cup servings

Ingredients:

- 2 tablespoons pumpkin seeds
- 1/2 teaspoon plus one pinch pumpkin pie spice
- 1 tablespoon Smart Balance butter
- 1 medium white onion, diced (about 3/4 cup)
- One 15-ounce can pumpkin puree
- 3 cups homemade or low-sodium vegetable stock
- 1 tablespoon orange marmalade
- 1/4 cup low fat evaporated milk

Place pumpkin seeds in a small sauté pan over medium, cook 3-4 min until they start to toast; add a pinch of pumpkin pie spice and shake to coat. Transfer to a plate to cool.

Melt butter in a saucepan over medium heat; add the onions to the melted butter. Sauté, stirring occasionally until onions are tender; about 3-4 min. Add the remaining pumpkin pie spice. Stir just to combine and cook for 2 min.

Add the pumpkin puree & stock, stir, simmer for 8 min. Stir in the marmalade.

Puree the soup with an immersion blender or transfer in batches to a blender. Stir in the evaporated milk.

Roughly chop the toasted spiced seeds. Ladle one cup of soup into each bowl and garnish with 1/4 th of the seeds.

Nutrition Per serving: 124 calories; 4 g fat, 8 g carbs, 7.3 g protein, 381 mg sodium