

Roasted Butternut Squash & Shrimp Soup

INGREDIENTS

- 1 pound Vermilion Bay Sweet[®] 70/90 count (peeled & deveined shrimp)
- 1 butternut squash [2 lb. average]
- 2 Tbsp olive oil, divided
- 2 Tbsp Cajun seasoning, divided
- 3 c water
- ½ c chopped onion
- 3 c reserved shrimp broth
- 1 tsp nutmeg
- 1 tsp hot sauce

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. Split butternut squash in half and scoop out seeds and discard. Rub squash with 1 tablespoon of olive oil and season with Cajun seasoning.
4. Place squash, flesh side up, on sheet pan and roast in oven for 1 hour and 15 minutes. Allow butternut squash to cool.
5. Scoop out squash pulp from shell and discard shell. Mash squash pulp until fluffy and set aside for use later.
6. Bring water and Cajun seasoning to a boil. Add shrimp and cook for 5 to 7 minutes or until shrimp are done. Strain shrimp, reserving stock and set both shrimp and stock aside for later use.
7. Heat 1 tbsp olive oil in a medium saucepot, add onions and cook for 5 minutes over medium heat. Add shrimp stock, nutmeg, hot sauce and mashed squash.
8. Lower fire and simmer for 20 minutes covered, whisking occasionally.
9. Stir in cooked shrimp and simmer for 2 minutes.



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HEALTHY SWAPS

- **Lower Fat:** Omit olive oil on squash. Squash can be microwaved, shell side up in a small dish with ½ inch of water for 10 minutes. 138 calories. 3g fat (1g saturated fat, 97mg cholesterol.) 1,520mg sodium. 17g carbohydrates (5g fiber, 3g total sugar.) 12g protein.
- **Lower Carbohydrate:** Butternut Squash is the primary ingredient and source of carbohydrates in this dish, however, you can reduce carbohydrates for substituting 6 cups of cauliflower florets. Reduce roasting time to 25 minutes. 158 calories. 8g fat (1g saturated fat, 95mg cholesterol.) 1,590 mg sodium. 7g carbohydrates (3g fiber, 3g total sugar.) 12g protein.
- **Lower Sodium:** Use salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No-Salt” to reduce sodium to 433mg. You may reduce sodium further by substituting crawfish tails for shrimp. 182 calories. 8g fat (1g saturated fat, 0mg cholesterol.) 148mg sodium. 15g carbohydrates (5g fiber, 3g total sugar.) 12g protein.
- **Dairy-free:** Recipe is considered dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container		Total Fat 8g	10%	Total Carbohydrate 17g	6%
Serving size 2 Cups		Saturated Fat 1g	5%	Dietary Fiber 5g	18%
Calories per serving	180	Trans Fat 0g		Total Sugars 3g	
		Cholesterol 95mg	32%	Includes 0g Added Sugars	0%
		Sodium 1520mg	66%	Protein 12g	24%
		Vitamin D 0mcg	0%	Calcium 62.3mg	4%
		Potassium 434mg	10%	Iron 1mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.