



Taste and Savor

## 1 Quick Recipe:

### Butternut Squash and Red Lentil Soup

1 ½ Cups Minced Red Onion  
 2 TB Olive Oil  
 2 Cloves Garlic grated  
 1 Small Butternut Squash, Peeled,  
 Chopped and Seasoned with Olive  
 Oil, Sea Salt and 1 Tsp \*Red Pepper

Flakes - **Roasted in the oven at  
 400F for 30 minutes.**

1 Roasted Red Pepper, Chopped  
 ½ Cup Coconut Milk  
 2 Cups Veg Stock  
 Sea Salt and Freshly Ground Black  
 Pepper to taste  
 ½ Cup Red Lentils  
 1 TB Lemon Juice

Sauté the red onion in the oil over medium high heat, stirring occasionally. When golden – about 7 - 9 minutes, add the garlic. Cook and stir until fragrant – about 1 minute. Add the roasted squash. Red pepper flakes, coconut milk, veg stock, season with salt and pepper. Add in the lentils. Simmer for 30 minutes. Puree with an immersion blender until smooth. Add the lemon juice and taste for salt and pepper.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



## 2 Kitchen Scoop

\*Red Pepper Flakes are dried peppers that have been ground up just enough to leave you with a mix of flakes, seeds and ground pepper. Any type of peppers are used, most often cayenne, but sweeter peppers like ancho, guajillo or even bell peppers can be included in the blend. We use the dried peppers like a spice, even though

they are botanically a fruit since they contain the seeds of the plant.

## 3 Clever Idea

This easy and delicious recipe has a twist – and we've pointed it out below in **BOLD**. You'll need to roast your squash **FIRST** in order to add it in later. The squash is seasoned with red pepper flakes to add a little contrast to the sweet squash.

## 4 Cheers!

A to Z Chardonnay  
 Oregon  
 About \$15

One of the world's best known grapes - Chardonnay - is a perfect pairing for this fall-flavored soup. This one from A to Z is fresh and lively, a great example of unoaked, cool climate Oregon chard.

You will enjoy flavors of citrus, melon and tart quince in this refreshing and clean tasting white wine. The aromatics and smooth feel in your mouth mimic the richness of the squash and coconut in the soup.