



**Cream Cheese-Butternut Squash Soup**

- Vegetable cooking spray
- ½ of small butternut squash, seeded
- 1 teaspoon freshly ground black pepper
- 1 teaspoon olive oil
- 1 medium onion, chopped
- 1 tablespoon minced garlic
- ½ teaspoon dried thyme
- ½ teaspoon dill weed
- ¼ teaspoon salt
- 1 (14½ oz.) can no-salt-added chicken broth
- ½ cup evaporated skim milk
- ½ package (4 oz.) low-fat cream cheese, cut into pieces

Preheat oven to 400°. Coat a 9 x 13-inch baking dish with cooking spray. Place squash in baking dish, spray lightly with cooking spray, and sprinkle with pepper. Cover with foil, and roast for 35-40 minutes or until squash is soft. Let cool. Remove squash from peel; set aside.

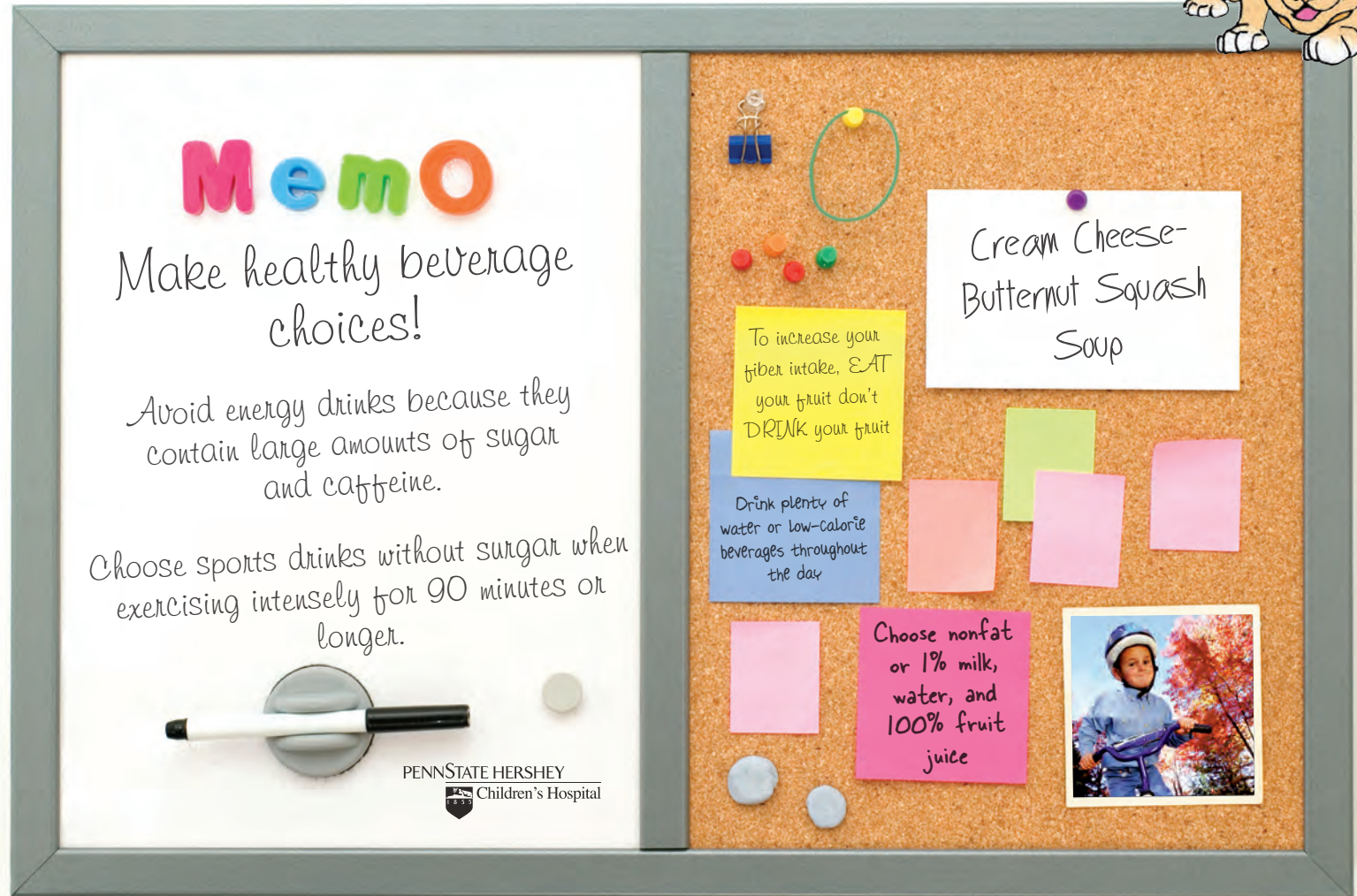
Coat a Dutch oven with cooking spray; add olive oil. Place over medium heat until oil is hot. Add onion and next 4 ingredients; sauté 5 minutes or until onion is tender.

Position knife blade in food processor bowl; add squash and onion mixture. Process 1 minute or until smooth, scraping sides of processor bowl once. Return squash mixture to Dutch oven; stir in chicken broth and bring to a boil. Reduce heat; add milk and cream cheese. Stirring constantly, cook until cream cheese dissolves. Ladle soup into bowls.

**Yield: 6 (1-cup) servings**

**Nutrition Facts per Serving:**

Calories 106 (35% from fat), Fat 4 gm, Protein 5 gm, Carbohydrate 13 mg, Fiber 2 gm, Cholesterol 12 mg, Sodium 198 gm



**Look for exercise guidelines, menu planner, and a nutrition/exercise log in the back of the calendar.**

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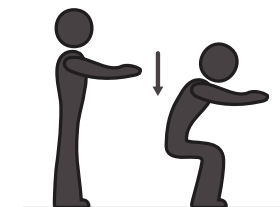


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**Chair sits**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dance around to your favorite song	Don't buy junk food	Skip the elevator and take the stairs	Eat some pomegranate seeds for a snack	Rake leaves for 20-30 minutes	Eat a vegetarian meal	Do 20-30 crunches (Repeat 2-3 times)
When having a snack, watch the portions	Do 5 exercises you have learned in this calendar	Try 1 slice of flaxseed bread	Do 10-20 alternating lunges	Always eat at the table	Do heel raises at the steps 20-30 times (Repeat 2-3 times)	Have 3 oz. chicken or turkey for dinner (take the skin off)
Go for a 20-30 minute walk at the mall	Try 3 oz of grilled tilapia fish	Play with your pets	Try a new sugar-free beverage	Make up a family scavenger hunt	Make hot chocolate using nonfat milk	Play "Red Light, Green Light"
Keep a food and exercise log thru the holidays	Play "London Bridges" with your family	Stop eating when you are full	Play "Hide and Seek" indoors	Have ½ cup of fresh or canned in juice fruit salad for dessert	Have a family race outside	Plan healthy recipes for the holidays
Do 20-30 crunches (Repeat 2-3 times)	Make a recipe with butternut squash (recipe above)	Jog around the house for 3 minutes	Try frozen strawberries in plain low-fat yogurt	Play "Leap Frog"	Make dinner together as a family	Do 25 chair squats (pictured above)

THIS MONTH'S HEALTHY DINING OUT TIP: Order simply prepared foods

without lots of extra ingredients or calories.