



# Linda's Recipe

## Food for fall warmth

One of my favourite things about living in Ottawa is the fall season. The sights of the colourful leaves starting to change and the smell of the fresh crisp air during my morning runs brings absolute nourishment to my life. Fall is also a great time of the year to eat foods that are not only in season, but also locally produced.

Look for butternut squash, pepper squash, acorn squash, pumpkin, gourds, apples and sweet potatoes. I just love going to Landsdowne Market every Sunday to select my weekly fresh and organic veggies. This week I bought an organic butternut squash and some garlic. This is the delicious soup. Enjoy!

### Butternut Squash and Lentil Soup

#### Ingredients

- 4 to 6 cups peeled and cubed butternut squash
- 4 cloves garlic, peeled and chopped
- 3 tbsp coconut oil
- 1 medium onion, chopped
- ½ cup red lentils
- 2 tsp mustard seeds
- 1 tsp ground cumin seeds
- 2 tsp ground coriander seeds
- 1 tsp turmeric
- ¼ to ½ tsp hot chilli pepper or to taste
- 2 tsp sea salt
- 4 cups vegetable stock
- 1 cup coconut milk

#### Directions

- Heat coconut oil and mustard seeds, sauté until they start to pop. Add onions and spices and sauté for a minute.
- Add the stock and butternut squash and bring to a boil and reduce heat. Simmer for 15 to 20 minutes.
- Add washed lentils and simmer for 10 to 15 minutes until lentils are tender, but not overcooked.
- Add sea salt and coconut milk.
- Mash with hand held blender or potato masher.
- Serve with chopped cilantro sprinkled on top or pumpkin seeds.

Source: Recipe taken by Linda from two wonderful holistic nutritionists in Toronto Sherri Doak and Rebecca Lane.