

# Bone Healthy Recipes

## Roasted Pear-Butternut Soup with Crumbled Stilton

### Ingredients:

2 ripe pears, peeled, quartered, and cored  
2 pounds butternut squash, peeled, seeded, and cut into 2-inch chunks  
2 medium tomatoes, cored and quartered  
1 large leek, pale green and white parts only, halved lengthwise, sliced, and washed thoroughly  
2 cloves garlic, crushed  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon salt, divided  
freshly ground pepper, to taste  
4 cups vegetable broth or reduced-sodium  
chicken broth, divided  
2/3 cup crumbled Stilton, or a blue-veined cheese (Blue cheese)  
1 tablespoon thinly sliced fresh chives or scallion greens

### Instructions:

1. Preheat oven to 400°F.
2. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt, and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
3. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.
4. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens).

**Nutritional Information:** 235 calories; 10 g fat (5 g sat, 5 g mono); 11 mg cholesterol;  
34 g carbohydrates; 6 g protein; 6 g fiber; 721 mg sodium; 20% dv calcium

serves six