

Cooperative Extension

Mason Jar Meals:

A Fun, Easy Way to Control Your Portions!

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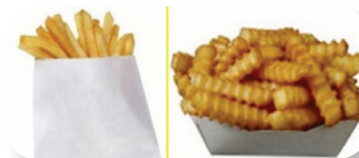
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Over the course of the past 20 years, obesity rates have skyrocketed across all of America. While this may be due in part to a lack of exercise in our everyday lives, however another major cause of these massive increases is the amount of food we consume every day. To put things into perspective, it is recommended by the USDA that the average adult should consume approximately 2,200 calories a day for good health. This might seem high to you, but considering portions from traditional and fast food restaurants, the number of calories people consume have more than doubled in the past 20 years. This number of calories starts to look very small as compared to the amount of food and calories that people are actually consuming today. If you look at any food business that serves ready-to-eat fare, it is no surprise that portion sizes have skyrocketed alongside of obesity rates.



Twenty years ago, if you purchased a fresh bagel, it would measure about 3 inches wide, and be about 140 calories. Today, that same fresh bagel has doubled in size to 6 inches, which is now roughly 340 calories. While 340 calories may not seem like much, we may add more calories to it including cream cheese or butter. Who eats a plain bagel? If we add 2 eggs to the bagel to make a sandwich, those two eggs add approximately another 230 calories, a slice of cheese another 120 calories. Before you know it, this simple 6 inch bagel at 340 calories now has turned into a whopping 700 calories, which equates to more than a quarter of our daily calories from just one sandwich.



Various other foods over the years have also increased in size, including a standard order of fries from a fast food establishment which has increased from 2.4 ounces to 210 calories. Today, that order of fries is now 6.9 ounces, and 610 calories. Even a burger used to be smaller. The typical cheeseburger twenty years ago was 333 calories and today, it is 590 calories.

Whether we like it or not, portions have changed to be much, much larger adding to the obesity issues our nation has been facing. It would be healthier for families to eat homemade meals that use healthy ingredients and are served in realistic portions that are good for our health. Families need to stay away from foods high in fat, salt and sugar and keep the portions and calories within the guidelines of ChooseMyPlate.gov.

An easy and simple way to eliminate large portions is to pack your own lunches or breakfasts at home. When preparing our own food, we are much more aware of what we will be consuming all day long. Instead

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of potentially eating a 700+ calorie breakfast sandwich on your way to work, you can create your own breakfast for a fraction of the calories and double the nutrients. One of the easiest ways to bring your breakfast or lunch with you on the go is to put your home made meals inside of mason jars. Mason jars can be found in a variety of sizes, and come with an airtight seal to keep the food inside fresh for later use. If you feel that you don't have enough time in the morning to prepare yourself a meal, you can prepare something the night before, put it inside a mason jar, refrigerate it, then grab and go the next morning.



Here are some ideas for making your own mason jar breakfasts and lunches:

- **Mason jar breakfast parfait.** Choose your favorite yogurt, fruit, and granola. Use a small 8 oz. jar. Place the yogurt inside first, add the fruits and granola. It can be made in advance and kept in the refrigerator for 2-3 days.
- **Oatmeal Mason jar for cold winter mornings.** Use oatmeal, fruit, nuts and seeds to make your oatmeal both hearty and filling. Make your dry oatmeal mix with nuts, dried fruit in advance and keep it in a dry cupboard. Simply add hot water or low fat milk to the mix and you have a hearty breakfast in seconds.
- **Mason jar smoothie.** Mix together in your blender yogurt, fruit and some fruit juice and store in a mason jar. In the morning just grab the jar out of the refrigerator, blend it, and take it with you as you go.
- **Mason jar breakfast frittata.** This breakfast is made in a 4 ounce heat resistant jar. Add 1-2 beaten eggs, some fresh or frozen vegetables to the jar and place it in the oven for 20-30 minutes. It makes a delicious breakfast.
- **Mason jar salad for lunch.** Use an 8 oz. jar and place dressing on the bottom, lots of vegetables, add beans or meat for protein (Chick peas, black beans, turkey, tuna) and finally some type of lettuce (consider spinach, kale or other greens). Make sure the dressing is on the bottom or the leaves will get soggy by lunch time.
- **Mason jar crust-less pie or quiche.** Prepare in a small, 4 ounce heat resistant mason jar. Simply add the contents of the pie filling or quiche, place in the oven for 25-30 minutes until firm and golden brown on top and then cool. Favorite comfort foods like mac and cheese can be prepared the same way and you won't need to worry about eating too much due to use of 4 ounce jars.
- **Mason jar wrap-free burrito.** In an 8 oz. mason jar, fill 1/4 of the jar with rice, 1/4 with beans and meat. The remaining space with vegetables.

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Mason jar meals help a person with portion control. While they may be a great way to prepare healthy food for work, when eating at home, try using smaller plates or bowls at meals. Whether the plate is large or small, in our heads, we aim to eat the whole plate of food to feel satisfied and full. Reading nutrition labels on products, also allows us to know the number of calories and serving sizes we are consuming.

Knowing that portions have increased the past 20 years is the first step you can take towards retaining your sense of how much you are eating. Using Mason jars or smaller plates at meals definitely makes portion control easier. Visit www.njaes.rutgers.edu/fchs for information on all of our programs, and learn how to bring them to your school, worksite or community organization.

Enjoying the Harvest of Fall Vegetables

Kathleen T. Morgan, Dr. M.H., NDTR Chair, Family and Community Health Sciences Department

Fall comes with a large variety of vegetables, each unique and all chock full of nutrients. Most of the vegetables are available at your local Farmer's Market or the produce section of your supermarket. Almost all produce can be grown somewhere year-round. This may mean trucking produce across the country or even across the world. Buying seasonal produce from your local Farmer's Market not only potentially reduces our carbon footprint, but it goes a long way to support your local farmers and may also result in more nutritious produce. While many of these vegetables are available fresh from either market, many of them are available from your supermarket as frozen and will be just as nutritious. Here are a few to try:

 Cranberries	Cranberries are another super food! They have vitamin C and fiber, and are only 45 calories per cup. In disease-fighting antioxidants, cranberries outrank nearly every fruit and vegetable.
 Apples	There are hundreds of varieties of apples on the market today, some are better for eating out of hand while others make the best apple pie. Apples are a good source of fiber. It is a good idea to eat the apple with the skin on, the skin has fiber and nutrients. There are many farms in New Jersey where you can go to pick your own apples. A few favorite Jersey apples are the Macoun, Red Delicious, and Gala. Apples can be sweet, tart, soft, smooth, or crisp and crunchy. There is a Jersey apple to suit everyone's taste.
 Pumpkin	The bright orange color of pumpkins show they are full of an important antioxidant, called beta-carotene. Beta-carotene is one of the plant carotenoids that converts over to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health. Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer, heart disease and may promote healthy vision. Numerous varieties of pumpkins are available and you might like to try a different variety, like a cheese pumpkin, which makes excellent pies. In the fall many local farms offer fun opportunities to pick pumpkins at their farms.
 Kale	Kale is a super food because of its nutrients. Kale still is a fall vegetable and is at its peak at this time of the year. Kale hails from the cabbage family, which also includes broccoli, cauliflower, and collards. Kale is a very hearty cooking green and the cooler weather keeps it sweet. You can also use kale in a salad as well. Fall greens like kale, mustard greens, collard greens, and Swiss chard all have some fiber, folate and a wide range of carotenoids such as lutein and zeaxanthin which are good nutrients for vision. Laboratory research has found that the carotenoids in dark green leafy vegetables may inhibit the growth of certain types of cancer cells.
 Sweet Potatoes	Sweet potatoes are a powerhouse of nutrients, flavor and one of the best sources of vitamin A; a large one contains more than 100 percent of the daily recommended intake of Vitamin A, according to the U.S. Food and Drug Administration. Vitamin A may contribute to cancer prevention and the maintenance of good eyesight. You can microwave sweet potatoes in about 10 minutes and have a powerhouse vegetable for dinner. Sweet potatoes are adaptable to many recipes including soups and stews and they can be mashed or roasted and are a great Fall treat.
 Brussels Sprouts	Brussels sprouts, mini cabbages, make a great fall vegetable. They are packed with vitamins A and C. They also contain high concentrations of cancer-fighting glucosinolates, which also gives these little cabbages their distinct flavor. Brussels sprouts top the list of commonly eaten cruciferous vegetables. Glucosinolates are important plant nutrients for our health because they are the chemical starting points for a variety of cancer-protective substances. There are numerous ways to enjoy Brussels sprouts, one of the best is to just roast them in the oven with some olive oil.
 Cauliflower	Cauliflower is at its freshest in the fall and it is frost tolerant once it is mature. Cauliflower has many of the same health properties as other cruciferous vegetables. Like Brussels sprouts, both glucosinolates and sulforaphane are present in cauliflower which can have the potential to be cancer fighting nutrients. It has antioxidant power and includes Vitamin C, K and manganese that all work to keep the body healthy. There are various ways to cook cauliflower. One unique way is to have "mashed" cauliflower, cooked and mashed like mashed potatoes. It can be cooked on its own, or added to soups or stews or roasted.

The 2015 Dietary Guidelines for Americans encourage individuals to consume at least 3 vegetables and 2 fruits each day. Choosing some of these fall vegetables can be a great way to enhance your fruit and vegetable consumption, as well as, adding those beneficial nutrients. Be sure to check out a local Farmer's Market near you for the freshest fruits and vegetables.

Why is Winter Squash so Healthy for You to Eat?

Karen Ensle EdD, RDN, FAND, CFCS, FCHS Educator, Union County



Butternut Squash

As we approach the Fall and Winter, we start thinking about cooler temperatures, the trees turning vibrant colors of orange, yellow, bright red and touched with green. Along with the cooler weather and autumn colors comes a host of “winter” vegetables. We may be longing for some “comfort foods” including those traditional fall vegetables such as pumpkins and squash.

Modern day squash was developed from the wild squash that originated in an area between Guatemala and Mexico. While squash has been consumed for over 10,000 years, they were first cultivated specifically for their seeds since earlier squash did not contain much flesh, and what they did contain was very bitter and unpalatable. As time progressed, squash cultivation spread throughout the Americas, and varieties with a greater quantity of sweeter-tasting flesh were developed. Christopher Columbus brought squash back to Europe from the New World, and like many other native American foods, their cultivation was introduced throughout the world by Portuguese and Spanish explorers.

Examples of common winter squash include:

- **Butternut squash:** Shaped like a large pear, this squash has cream-colored skin, deep orange-colored flesh and a sweet flavor.
- **Acorn squash:** With harvest green skin speckled with orange patches and pale yellow-orange flesh, this squash has a unique flavor that is a combination of sweet, nutty and peppery.
- **Hubbard squash:** A larger-sized squash that can be dark green, grey-blue or orange-red in color. The Hubbard’s flavor is less sweet than many other varieties.
- **Turban squash:** Green in color and either speckled or striped, this winter squash has an orange-yellow flesh whose taste is reminiscent of hazelnuts.
- **Kabocha squash:** A type of Japanese squash that is becoming more and more popular in the U.S. Kabocha is very sweet in flavor. It has deep green skin and orange flesh.



Acorn Squash

Creating dishes using these “healthy squash” comfort foods, beats such comfort foods as macaroni and cheese or chicken in the pot. As you incorporate winter squash into your weekly meal plans, know you are giving yourself a nutritional boost as these vegetables are loaded with antioxidants, fiber and essential vitamins and minerals. Squashes come in a variety types and flavors, and can be used as a main course or a side dish.

One popular type of squash is butternut squash which is easy to prepare and has a high nutrient content. It has a full-bodied nutty flavor and plenty of fiber which aides your colon in elimination. The high fiber content also helps in lowering your blood cholesterol, stabilizes your blood glucose levels and helps to suppress your appetite. This type of squash is also rich in carotenoids (including the antioxidant beta-carotene, the precursor to vitamin A), which benefits your skin and eyes. Its high mineral content also helps your heart to beat normally which is vital for maximizing your exercise and daily fitness routines. The minerals found in butternut squash include potassium, copper and magnesium.

Butternut squash is a close relative to acorn squash which is another nutrient-dense winter squash that is sweet and nutty with a texture similar to sweet potatoes and butternut squash. Ripe acorn squash, which is dark green and ribbed, is rich in vitamin A, a powerful antioxidant that fights free radicals and therefore reduces the risk of cancerous cell growth. Vitamin C also acts as an immune booster and simultaneously reduces the risk of developing or worsening symptoms of hypertension. Acorn squash has a high fiber content, which has been linked to a decreased risk of diabetes, stroke and obesity.

Another healthy winter squash is spaghetti squash. This stringy, yellow squash can be used in place of spaghetti noodles, creating a cleaner, more nutrient-dense meal than traditional pasta. It is full of potassium, which aids in cardiovascular health by lowering blood pressure when eaten frequently. The folate (vitamin B6) in these nutritious “noodles” strengthens the walls of your blood vessels, which helps improve blood circulation. Vitamin B 6 is also a critical vitamin for women of childbearing age, as folate is necessary in order to prevent neural tube defects. In addition, spaghetti squash contains omega fatty acids adds which adds to its anti-inflammatory benefits, making it a powerhouse for reducing inflammation.



Spaghetti Squash

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Why is Winter Squash so Healthy for You to Eat?

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Kabocha squash is similar to butternut squash, but it has a bright orange flesh (a sign of high beta-carotene content) when its green skin is broken. Although similar in taste, kabocha squash has fewer calories and carbohydrates than butternut squash. It also contains iron and fiber. Unlike its squash cousins, the skin of this winter squash is edible.



Kabocha Squash

Hubbard squash is an uncommon winter variety, but this squash is a sweet, orange variety that is rich in manganese, which is necessary in the process of blood metabolism and blood sugar regulation.

By shopping for produce at local farmers markets, you are likely to find squash for each season. As a whole, winter squashes are very high in fiber, vitamin A, antioxidants and minerals. By incorporating all varieties of winter squash into your diet, you can reap their nutritious benefits. Winter squash is easily prone to decay, so it is important to carefully inspect it before purchase. Choose ones that are firm, heavy for their size and have dull, not glossy, rinds. Avoid those with any signs of decay, which manifest as areas that are water-soaked or moldy.

Our favorite way to prepare winter squash is to steam it as it takes such a short period of time. It's best to steam 1-inch cubes of squash. For most types of squash you only need to steam it for 7 minutes. So you save time and enjoy a wonderful side or main dish that is healthy for you.

While we've become accustomed to thinking about leafy vegetables as an outstanding source of antioxidants, we've been slower to recognize the outstanding antioxidant benefits provided by other vegetables like winter squash. Recent research has made it clear just how important winter squash is for our antioxidant intake, especially, the carotenoid antioxidants. From South America to Africa, India and Asia along with some parts of the United States, no single food provides a greater percentage of certain carotenoids than winter squash. In the United States, a recent study determined that winter squash was the number one source of alpha-carotene and beta-carotene among Hispanic men ages 60 and older, living in Massachusetts. The unique carotenoid content of winter squashes is not their only claim to fame. There is a good amount vitamin C in winter squash (about one-third of the Daily Value in every cup) and the mineral manganese. Current research has either been conducted using laboratory animals, or has been focused on laboratory studies of cell activity. Results have been fascinating and also promising with the possibility of winter squash being considered an anti-inflammatory food.

Winter squash has a much longer storage life than summer squash. Depending upon the variety, it can be kept one week to six months. They should be kept away from direct exposure to light and should not be subjected to extreme heat or cold. The ideal temperature for storing winter squash is between 50-60°F (about 10-15°C). Once it is cut, cover the pieces of winter squash in plastic wrap and store them in the refrigerator, where they will keep for one or two days. The best way to freeze winter squash is to first cut it into pieces of suitable size for individual recipes. Then place in freezer bags or containers and freeze at 0 °F.

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Tips for Preparing Winter Squash

Rinse winter squash under cold running water before cutting. Use a vegetable brush to make sure it is clean. All varieties of winter squash require peeling for steaming except Kabocha and butternut squash. You can peel winter squash with a potato peeler or knife.

Butternut squash has a unique shape that requires a special approach to cutting. To cut into cubes, it is best to first cut it in half between the neck and bulb. This makes peeling much easier. Cut bulb in half and scoop out seeds. Slice into 1-inch slices and make 1-inch cuts across slices for 1-inch cubes. This is the best size and shape for steaming.

If you are baking the squash you don't have to peel it. Cut the ends off, cut the squash in half lengthwise down the middle, scoop out the seeds and bake. Alternatively you can leave the squash whole, pierce a few times with a fork or tip of a paring knife, bake and scoop out the seeds after it has been cooked. You can peel cooked squash easily with a knife and then cut into pieces of desired size.

Save those seeds that you scooped out! Seeds from winter squash can make a great snack food, and can be prepared in the same way as pumpkin seeds. Once scooped out from inside the squash and separated from the pulp, you can place the seeds in a single layer on a cookie sheet and lightly roast them at 160-170°F (about 75°C) in the oven for 15-20 minutes.

A few quick serving ideas include:

- 1 Top puréed cooked winter squash with cinnamon, applesauce and maple syrup.
- 2 Steam cubes of winter squash and then dress with peanut oil, low-sodium soy sauce and toasted sliced almonds.
- 3 Top "strings" of spaghetti squash with pasta sauce.
- 4 Add cubes of winter squash to your favorite vegetable soup recipe.

Fiber: We All Need It!

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Americans have long neglected the importance of dietary fiber. Although dietary fiber is most known for regulating bowel movements, it also plays a large role in chronic disease prevention and treatment. Opting for high fiber foods is highly recommended by the USDA Dietary Guidelines in order to live a healthy and balanced lifestyle.

What is Fiber? Fiber consists of the plant cell wall components polysaccharides and lignin, and is a form of carbohydrate that is not easily digested by the human gut. Instead, as it passes through the intestines, it softens stool and slows digestion by adding bulk. There are two forms of fiber that exist; soluble fiber and insoluble fiber. Soluble fiber, found in foods like oatmeal and beans, absorbs water while insoluble fiber, found in whole grain breads and plant skins, does not. Both forms can be found in most foods, but in slightly different concentrations.

What are high fiber foods? Plant foods, such as fruits and vegetables, are natural sources of fiber. In fact, eating the skin or peel of a fruit or vegetable offers a greater amount of fiber compared to the food without the skin or peel. Fiber is also naturally high in whole grain products, beans, lentils, nuts and seeds.

A commercial food product can be labeled as "High Fiber" if it contains at least 5 g of fiber per serving. The general rule of thumb is that the more refined or processed a food becomes, the lower the fiber content will be. For example, one medium apple with the peel contains 4.4 grams of fiber while ½ cup applesauce contains only 1.4 grams, compared to a 4-ounce apple juice which contains none. Hence, the best way to incorporate fiber into the diet is opting for nutritious, whole foods.



What are the health benefits? Evidence based research has shown that a high fiber diet has various health benefits including, but not limited to: aiding diabetes management, reducing cardiovascular disease, and treating gastrointestinal issues like diverticulosis. Because fiber provides feelings of fullness after meals and provides few if any calories, it also helps with weight management

Latest research also suggests that adhering to a high fiber diet may prevent various forms of cancer such as colon cancer, breast cancer, and prostate cancer. Although more evidence is needed to associate fiber with cancer prevention, the benefits of fiber on diabetes, heart and gut health is definitive and strongly recommended by health professionals for all age groups.

What is the recommendation? Most Americans fall short of meeting the recommended daily amount of fiber. According to the USDA, the daily recommended amount of fiber is 25 grams for women and 38 grams for men, or 21 grams and 30 grams for those over the age of 51, respectively. Children and adolescents are instead encouraged to meet the recommended servings for fruit, vegetable and whole grain foods to ensure adequate fiber intake.

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Tips

for Increasing Fiber Intake Everyday:

Breakfast

- Opt for whole grain flour when making pancakes or other baked products for a fiber rich morning meal
- Add flaxseed or chia seeds to a 100% whole grain cereal
- Introduce other whole grains like quinoa, cracked whole wheat, millets, farro, beans, bulgur and wild rice to breakfast
- Add fresh fruit, or a handful of dried fruit and nuts to your cereal bowl
- Prepare a kale & pear smoothie to boost both vitamin and fiber intake



Lunch

- Create a whole wheat wrap filled with hummus, avocado and seasonal vegetables such as zucchini, squash, or spinach
- Enrich hot sandwiches with black bean, sweet potato or tomato to add both flavor and fiber to the dish
- Add peas, beans or lentils to soups, salads and pasta dishes
- Try new veggies or fruits in your salad
- Add a handful of nuts and seeds to your salad



Dinner

- Supplement the main course with a side of lentils or split peas; as legumes are high in fiber
- Soups like cream of broccoli or wild mushroom are great starters high in fiber
- Top the dish with handful of nuts or choose a fruit salad as a side to supplement the main meal



Adhering to a high fiber diet is simple and useful for a number of reasons. However, it is important to gradually incorporate more fiber into the diet and remember to stay well hydrated by drinking a minimum of eight 8-ounce glasses of fluids a day.



Small Steps to “Find” Money to Save

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Rutgers Cooperative Extension

Do you want to save more money for retirement or other financial goals? There are only three sustainable ways to “find” the cash: increase income, decrease expenses, or do both. This article will focus on the second option: small spending cuts that can add up to big savings over time. Below are a dozen ideas to reduce household expenses. Some of these strategies also provide health, as well as, financial benefits.

- ✱ **Serve Smaller Food Portions** - Big money-savers are meat, high-fat snack foods, and desserts. Consider preparing more nonmeat dishes or use meat with other foods such as stir fry dishes and casseroles.
- ✱ **Stock Up on Food Sales** - Examples include periodic canned goods sales and in-season fresh fruit and vegetables from a home garden or local farm stands that can be canned or frozen for later use.
- ✱ **Pay Less for Nonfood Items** - Less expensive sources of nonfood items (e.g., toothpaste) than supermarkets include discount drugstores, warehouse stores (in bulk), dollar stores, and other low-cost retailers.
- ✱ **Score a Double or Triple Play** - A double play is buying something on sale and then saving even more by using a coupon. A triple play is a sale price, plus a coupon, plus some type of cash or product rebate.
- ✱ **Use Store or Generic Brands** - “No-name” brands are available for a wide range of food products (e.g., applesauce) and health products (e.g., cold remedies). Unless national brands are on sale or you have a valuable coupon (or doubled coupon) to lower their cost, store or generic brands are often less expensive.
- ✱ **Time-Shift Appliance Use** - Many utility companies provide “time of day meters” and discounts for running major appliances (e.g., clothes washer, dish washer) during off-peak hours, generally nights and weekends.
- ✱ **Seal Up Your House** - In the winter, close off unused rooms and turn down the thermostat to conserve heat. Caulk or weather strip windows and doors and install storm windows. Install sweeps at the bottom of doors and use insulated window treatments, shades, or drapes to block cold air.
- ✱ **Save Energy in the Summer** - Dry clothing outdoors to save on energy or laundromat charges and use fans instead of air conditioners, when possible, to cool your home. Also, have your oil tank filled during the summer to save on the cost of your first delivery.
- ✱ **Save Money on Gasoline** - Use the lowest octane called for in your car owner’s manual and keep your engine tuned and tires inflated to their proper pressure. An app such as Gas Buddy can help you find the lowest gasoline prices when you are traveling.
- ✱ **Get an Insurance Policy Review** - Talk to your insurance agent to make sure you are receiving all of the discounts that are available to you. Consider bundling policies if it will save money and raising deductibles if the cost savings is sufficient and you have emergency savings set aside to cover the deductible.
- ✱ **Consider a “New Used” Car** - Buying a gently-used 2- to 3-year old car can save thousands of dollars on the purchase price of a car because the original owner will absorb much of the depreciation.
- ✱ **Avoid Costly Bank Fees** - Compare local banks or a credit union to find the best match between your personal banking habits and account features (e.g., interest rates, minimum balance amounts, ATM fees, and direct deposit). Inquire if they have “relationship accounts” that provide perks such as higher interest or free safe deposit boxes if you “bundle” financial services or maintain a designated balance.



Why is Winter Squash so Healthy for You to Eat?

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Golden Squash Soup

Ingredients:

- 1 medium-sized butternut squash, peeled and cut into 1/2-inch pieces (about 3 cups)
- 1 large onion, chopped
- 3 medium cloves garlic, chopped
- 1 Tablespoon chopped fresh ginger
- 1 teaspoon turmeric
- 1 teaspoon curry powder
- 2-3/4 cups chicken or vegetable broth
- 6 ounces canned coconut milk
- 2 Tablespoons chopped fresh cilantro
- salt & white pepper to taste †

Directions:

1. Chop onion and garlic.
2. Peel and cut squash into 1/2 inch pieces.
3. Heat 1 Tablespoon of broth in medium soup pot. Sauté onion in broth over medium heat for about 5 minutes while stirring frequently until translucent.
4. Add garlic and ginger, and continue to sauté for another minute. Add turmeric and curry powder, and mix well. Add squash to broth, and stir. Bring contents to a boil on high heat. Once it comes to a boil reduce heat to medium-low and simmer, uncovered, until squash is tender, about 10 minutes. Let cool for 10 minutes.
5. Place into blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. Season the soup to taste with salt and white pepper. Reheat, and add cilantro.

Serves 4