The Chobani® Nutrition Center works together with dietitians, nutrition scientists, and other health professionals to identify and inspire simple shifts that support healthy eating patterns and improve the health of Americans wherever they live, work, play or go to school. As a nutrient-intense dairy food, Chobani® Greek Yogurt is an easy way to make your favorite recipe healthier and can serve as a source of inspiration for your next meal or snack.

We’ve teamed up with the American Heart Association® to certify several of our recipes so that you can be sure that, in addition to being delicious, they fit within a heart-healthy eating pattern. Check out this American Heart Association certified recipe®:

Roasted Butternut Squash Soup
A warming bowl of butternut squash soup made healthier by simply shifting from heavy cream to Chobani® Greek Yogurt.

**Ingredients**

- 1 1/2 cups Non-Fat Plain Chobani® Greek Yogurt
- 1 each, about 2 1/2 lbs. butternut squash
- 1 tbsp. extra virgin olive oil
- 2 cups onion, Vidalia, peeled, chopped
- 1 cup carrot, peeled, chopped
- 2 cloves garlic clove, fresh, chopped
- 1 tsp. thyme, fresh, picked, chopped
- 1 each bay leaf
- 1 quart water
- 1 pinch nutmeg
- 1 1/4 tsp. salt, kosher
- 1/2 tsp. black pepper

**Recipe**

1. Preheat oven to 400°F convection. Cut squash lengthwise and remove seeds with a spoon. Season both squash halves with 1 tsp. of extra virgin olive oil and 1/4 tsp. salt. Wrap in foil and place in baking tray or dish.
2. Roast squash halves for 1 hour or until fork tender. Remove from oven and let cool enough to handle. Remove skin from the squash and set aside.
3. Place remaining 2 tsp. of extra virgin olive oil, onion, carrots, garlic, bay leaf, thyme, and 1/2 tsp. of salt in a pot on medium heat. Cook, stirring regularly, until onions are translucent and carrots are tender, about 10 minutes.
4. Add 1 quart of water and roasted squash, and cook on a low simmer for 30 minutes with the lid on. Remove bay leaf from soup.
5. Place soup mixture into a blender with remaining 1/2 tsp. of salt, nutmeg, black pepper and 1/2 cup Chobani® Greek Yogurt.
6. Blend on high until smooth, about 1 minute. Portion into 6 bowls, divide 1 cup of yogurt into dollops on top of each soup and serve immediately.

**Nutrition Information**: Yields 12 servings. Serving size: 2/3 cup. Nutrition Facts Per Serving: 90 Calories; 1g Total Fat; <0.5g Saturated Fat; 0mg Cholesterol; 230mg Sodium; 400mg Potassium; 16g Carbohydrate; 5g Sugar; 4g Dietary Fiber; 5g Protein; 100mg Calcium. For more information, visit: Chobani.com/NutritionCenter and HeartCheck.org. © 2017 Chobani, LLC.