

## Recipe for Successful Weight Loss & Wellness

### Necessary Ingredients:

- Nutritional Program
- One-on-One Counseling
- Easy 26-Minute Exercise Program
- Soothing Relaxation

### Directions:

Combine all ingredients under one roof!

### Yields:

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Debbie A. of Medford lost 48.5 lbs.



Before



After

# Gallo Women Dish on Their Favorite Dishes

Change is always in the air during the fall season – temperatures begin to drop, leaves turn color and holiday plans are set. For many families, fall is also the season to change over to special seasonal family meals. Whether it's a quiet Sunday with the grandchildren or an impromptu lunch with friends, those ordinary moments can become a memorable time for all. Gallo Family Vineyards is dedicated to preserving its own rich family heritage and inspiring others to do the same.

"I've discovered over the years that you certainly don't have to sacrifice quality for quantity," said Ofelia Gallo. "A good soup is a great way to feed a full house without losing flavor."

Fall also offers a wealth of holiday meal opportunities and extended family occasions. With many root vegetables and squash hitting their peak of flavor, there's no better time to

try new recipes and bring new traditions to your family table. And don't forget the perfect wine pairing; a detail the Gallo family knows a thing or two about.

"Chardonnay's crisp citrus and ripe fruit flavors are a nice complement to fall produce such as butternut squash. Pairing fall's savory soups with the right wine helps complete the experience," said Stephanie Gallo.

Try serving the Gallo Family Vineyards Chardonnay alongside another Gallo family favorite, their recipe for Butternut Squash Soup with Amoretti and Soft

Cream. This flavorful pairing will insure that your meal is bursting with freshness of the season. The Gallo family stands behind the quality of its products. If you aren't satisfied with your wine, they want to hear from you.

For more recipes worthy of a pass down the family tree and to learn about their Best Taste Promise, visit <http://www.gallofamily.com>.



## Butternut Squash Soup with Amoretti and Soft Cream

*Pairs with Gallo Family Vineyards Chardonnay*

- |  |   |
|--|---|
| 1 medium butternut squash – seeded and peeled, diced into 1-inch cubes | 3 cups chicken stock                                    |
| 2 yellow onions – diced into 1-inch cubes                              | 2 tablespoons butter                                    |
| 4 tablespoons olive oil  | Salt and pepper to taste                                |
| 1 cup Gallo white wine   | 4 tablespoons whipping cream                            |
|  | 2 amoretti cookies (or other amaretto-flavored biscuit) |

Peel, seed, and dice the squash and onions into 1-inch cubes. Toss the squash with 2 tablespoons of olive oil and place on a roasting pan. Roast in a 400°F oven for about 20 minutes, or until the squash is tender. When the squash is tender, add the Gallo white wine to the roasting pan and let cool. Slice the onion and sauté with the remaining olive oil in a pot large enough to hold all of the ingredients. Add the squash and wine mixture to the sautéed onions in the pot, mix in the chicken stock and bring to a boil. Remove from the heat and in two batches purée in a food processor with the butter. Season with salt and pepper to taste. When ready to serve, reheat the soup and half whip the cream in a small bowl. Drizzle cream over the soup. Crumble the amoretti cookies and sprinkle over the top of the soup. Serve immediately

Yields 4-6 servings

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