

NUTRITION To Go

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Nutrition To Go is written and edited by Monica Davis, RDN



FOOD PANTRY

Produce Spotlight: Winter Squash

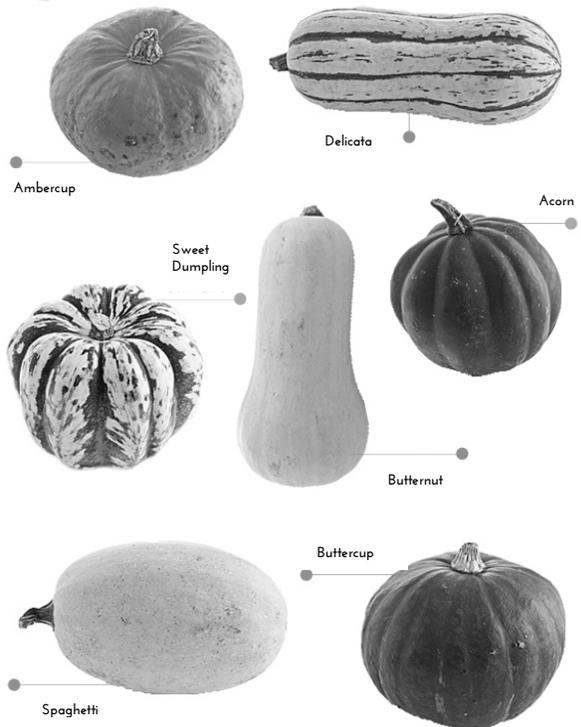
Hooray for fall - sweaters, socks, and scarves! What do butternut, acorn, sugar pumpkins, and spaghetti have to do with it? These are all beautiful squash commonly available from late summer through the mid-winter months, hence the name winter squash. They are generally sweeter, denser, more firm in texture than summer squash and are harvested after the outer skin has hardened. Winter squash are packed with carbohydrates, dietary fiber, vitamins A, B6 and C, manganese, folate, loads of antioxidants AND they are delicious.

With good quality squash and correct storage, they have a long shelf life. Look for firm squash with no blemishes, bruises or soft spots. The skin should be dull, not glossy. The stem should be intact, the squash should feel heavy for its size. Store whole squash in a cool, dry, and well-ventilated space. To prepare, remove the skin with a knife or vegetable peeler, then cut squash in half. Scoop out seeds and prepare as called for in your recipe. (Squash can also be baked cut side down, with seeds removed and the skin left on.) Once cut, cover tightly with plastic-wrap and keep in the fridge for up to 5 days. Baked or steamed squash can be frozen for later use in soups, casseroles, breads, muffins, and pies. Visit the following website for a couple of recipes to get you started. Freely substitute (or leave out) ingredients you do not have on hand.

<https://www.tasteofhome.com/article/winter-squash-101-acorn-beyond>

Author: Jolene Bodily, RDN MPH

GUIDE TO WINTER SQUASH



Source: <https://ohmyveggies.com/a-guide-to-winter-squash/>

Why (and How) to Roast Squash and Melon Seeds

Roasting pumpkin seeds turns them into a crunchy, salty, nutty-tasting, and protein-rich snack that you can customize with your favorite spices. But don't stop there: The seeds from other winter squash varieties and from summer melons are equally fair game. Here's our favorite method for roasting seeds:

1. Rinse 1 cup melon or winter squash seeds in colander under running water. Remove large pieces of stringy flesh (don't worry about small bits). Spread seeds over dish towel. Top with second dish towel, then press gently to ensure good contact. Let dry for about 15 minutes.
2. Toss seeds, 2 teaspoons of olive oil, 1 teaspoon spice blend (1/4- to 1/2-teaspoon measures of your favorite spices), and 1/2 teaspoon of kosher salt together in bowl. Spread seeds over baking sheet lined with parchment paper and bake in 350-degree oven on middle rack until light golden brown, 15-20 minutes for melon seeds or 20-25 minutes for winter squash seeds, stirring halfway through baking. Let cool and serve!

Adapted from Cooks Illustrated, September 2020

Moroccan Pumpkin Stew



Ingredients:

For the spice mixture:

- 1/2 tsp. cumin
- 1/4 tsp. black pepper
- 1/2 tsp. ground coriander
- 1/2 tsp. ginger powder
- 1 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/4 tsp. dried red pepper flakes
- 1/2 tsp. salt

For the stew:

- 2 Tbs. olive oil (or canola, corn oil, etc.)
- 1 medium onion, peeled and diced
- 2 cups pumpkin (or other winter squash), peeled and cubed
- 1 bunch dark, leafy greens (such as chard, spinach, kale, etc.)
- 1 cup canned or cooked chickpeas
- 2 Tbs. raisins
- 1 cup (8 oz.) tomato sauce

Directions:

1. In a large pot, heat the oil over medium heat. Add the spice mixture and onion, sauté for 3-5 minutes, or until onion is limp.
2. Add the remaining ingredients (pumpkin through tomato sauce). Lower heat to low and simmer, uncovered, until the pumpkin is tender, about 10 minutes.
3. Serve over cooked rice, couscous, or any grain.

Loaves & Fishes



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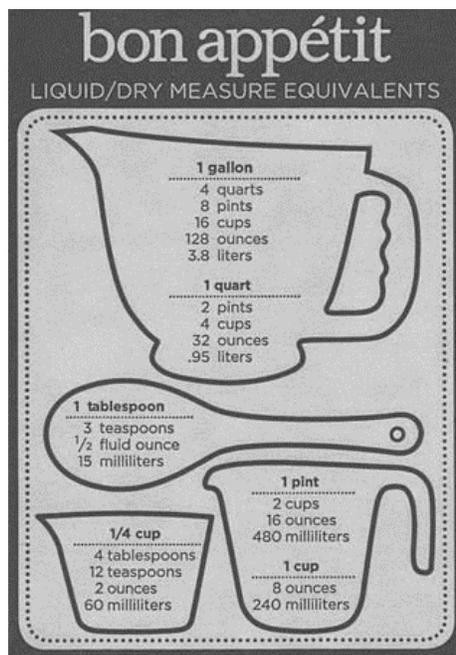
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Ask Monica

Q: What's the difference between a pie pumpkin and a carving pumpkin?

A: Pie pumpkins tend to be smaller and heavier. Their flesh is thicker, more deeply colored and sweet. Carving pumpkins are bred for size. They can be eaten, but they are less flavorful.

Peanut Butter Playdough!

The perfect Halloween edible craft! Mold it into whatever shape you want and then enjoy the protein-packed snack!

Ingredients:

- 1 cup creamy Peanut Butter
- 1 cup Powdered Sugar
- 1/2 cup Dried Milk
- 1/4 - 1/3 cup Honey

Directions:

1. Combine Peanut Butter, Powdered Sugar and dried milk in a medium sized mixing bowl. Add 1/4 cup of honey until combined.
2. If mixture seems a little dry then add another tablespoon or two of honey. Try not to exceed 1/3 cup of honey total!
3. Form into a large ball once mixture is mixed. You can wrap it in plastic wrap to store in the fridge until you're ready to use or use immediately.
4. Store leftovers in an airtight container in the fridge. Let them sit out for 30 minutes before using again.

Adapted from:
<https://reallifedinner.com/peanut-butter-playdough/>