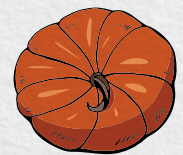


Winter Squash Tips

- Squash varieties harvested in the fall are known as winter squash. Winter squash varieties include pumpkin, spaghetti squash, acorn squash and butternut squash.
 - Each type exhibits differences in shape, color, size and flavor, but all have shells that are hard and more challenging to cut and/or peel. This allows winter squash to have a longer storage life.
 - In general, when selecting squash look for a firm outer shell that is free of soft spots and cracks. Winter squashes should feel heavy for their size.
- **Acorn squash** is a small winter squash that is dark green and orange on the outside and orange-yellow inside. The skin of acorn squash is edible and full of fiber that helps lower blood cholesterol. 
 - **Butternut squash** is pear-shaped with cream-colored skin and orange flesh inside. Butternut squash is known for being the sweetest variety of winter squash. 
 - **Pumpkins** are another type of winter squash, but the varieties used for cooking and baking are smaller than the large pumpkins used for jack-o-lanterns. Large pumpkins used for decorations are not very flavorful compared to the sweet flavors of smaller varieties. 
 - **Spaghetti squash** is oval shaped with yellow skin and flesh. When cooked, the inside of a spaghetti squash resembles strings of spaghetti. 
- Unlike summer squash, winter squash does not need to be stored in the refrigerator. Instead, winter squash should be stored in a cool, dry place like a countertop or pantry, and kept out of sunlight.
 - Winter squash can last one to three months in the right environment and depending on the variety.
 - Winter squash is high in vitamins A and C and great source of fiber.

Pumpkin Smoothie in a Cup



The perfect smoothie recipe for those who enjoy the flavors of fall. Ready in 5 minutes!

Yield: 1 Serving

Time: 5 Minutes

Ingredients

- ¾ cup low-fat vanilla yogurt (6 ounces)
- ¼ cup canned pumpkin
- 2 teaspoons brown sugar
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg (optional)

Instructions

1. Combine all ingredients in a bowl or blender.
2. Mix until smooth and serve.
3. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/pumpkin-smoothie-cup>





Three Sisters Soup

A true comfort recipe to warm you up year-round. Make it your own by using any vegetables or beans that you have on hand.

Yield: 8 Servings

Time: 45 Minutes

Ingredients

- 1 ½ tablespoons vegetable oil
- ¾ cup diced carrot
- 1 cup chopped onion
- 4 cloves garlic, minced or
1 teaspoon garlic powder
- 2 cups diced summer or winter squash
(fresh or frozen)
- 1 ½ cups corn (fresh or frozen) or a 15-oz can
(drained and rinsed)
- 1 ½ cups cooked beans (any type) or a 15-oz can
(low-sodium, drained and rinsed)
- 1 can (14.5 ounces) low-sodium diced
tomatoes or 2 cups diced fresh
- 3 cups low-sodium broth (any type)
- 1 teaspoon cumin
- ¼ teaspoon black pepper

Instructions

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/three-sisters-soup>



Maple Pecan Stuffed Sweet Potatoes

This recipe for Maple Pecan Stuffed Sweet Potatoes is perfect for smaller Thanksgiving celebrations.

Yield: 4 Servings

Time: 50 Minutes

Ingredients

2 medium sweet potatoes, about 12 ounces each, sliced in half, lengthwise

Drizzle:

1 tablespoon orange juice
1 tablespoon extra virgin olive oil
½ tablespoon pure maple syrup
½ teaspoon orange zest
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
a few pinches kosher salt

Topping:

½ cup pecans, roughly chopped
1 tablespoon extra virgin olive oil
½ tablespoon pure maple syrup
½ teaspoon orange zest
a few pinches kosher salt

Instructions

1. Fill a large saucepan with an inch of water. Place the potatoes in a steamer basket and lower the basket into the pan. Cover and bring to a boil. Reduce the heat and steam the potatoes at a low boil until they are fork tender, 25 to 30 minutes.
2. Prepare the drizzle: Place the orange juice, oil, maple syrup, zest, cinnamon, ginger and salt in a small bowl and stir to combine. Set aside.
3. Make the topping: Place the pecans, oil, maple syrup, zest and salt in a small bowl and stir until the nuts are evenly coated. Set aside.
4. Preheat oven to 350°F. Line a rimmed baking sheet or a 9 x 13-inch dish with aluminum foil and lightly coat with nonstick spray.
5. When the potatoes are done, remove from steamer basket using tongs and place on the baking sheet. When cool enough to handle, lightly mash the sweet potato flesh with a fork. Be careful not to break the skin. Pour the drizzle evenly over potato halves. Top the potato halves evenly with the pecan mixture.
6. Bake until nuts are lightly toasted, 5-10 minutes.

Source: <https://fruitsandveggies.org/recipes/maple-pecan-stuffed-sweet-potatoes-for-thanksgiving/>

Orange Honeyed Acorn Squash



Orange juice, honey, butter and spices are the perfect pairing for acorn squash. Enjoy this recipe with your favorite protein foods.

Yield: 6 Servings

Time: 70 Minutes

Ingredients

- 3 acorn squash (small)
- 1/8 cup orange juice (2 tablespoons)
- 1/4 cup honey*
- 2 tablespoons butter or margarine
- 1/8 teaspoon nutmeg (optional)

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.

3. Cut squash in half. Remove seeds and place halves in shallow baking pan.
4. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
5. Add 1 tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
6. Cover pan with aluminum foil to keep steam in and speed cooking.
7. Bake 30 minutes. Remove foil and bake 30 minutes more, until squash is tender.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-honeyed-acorn-squash>

*Children under the age of one should not consume honey.

**Eat
Well**



Shirini

A tasty pumpkin dessert that will delight your dinner companions. Be cautious when making the syrup as it will be extremely hot.

Yield: 6 Servings

Time: 20 Minutes

Ingredients

- 1 1/4 cups granulated sugar
- 1/2 cup water
- 4 winter squash (1 1/4 pounds of butternut, acorn or pumpkin)
- 1/2 cup chopped walnuts
- 1/2 teaspoon cinnamon (optional)

Instructions

1. Wash hands with soap and water.
2. Boil the sugar and water until it forms a thick syrup.
3. Wash the pumpkin, peel it, remove the seeds, cut into pieces, and cook in the syrup until it is very thick and almost all absorbed.
4. Arrange the pumpkin on a plate and garnish with walnuts and cinnamon (optional).



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/shirini-0>



Spinach Pasta

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 6 ounces uncooked pasta
- ½ cup onion, peeled and sliced
- 1 clove garlic, finely chopped
- ¾ teaspoon dried basil (optional)
- 1 tablespoon vegetable or olive oil
- 1 medium bell pepper, cut in strips
- 1 can (13 ounces) chopped spinach, well drained and chopped
- 2 tablespoons Parmesan cheese (optional)

Source: <https://www.azhealthzone.org/recipes/spinach-pasta/>

Instructions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Cook pasta according to package directions and drain.
3. In a medium heat skillet, cook onion and garlic in oil until onion is soft. If using basil, add to skillet. Add pepper strips. Cook 3 minutes.
4. Stir in spinach; heat through.
5. Toss in the pasta. If using Parmesan cheese, add to pasta.
6. Serve immediately.





Cheesy Zucchini Bites

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 5 medium zucchini (about 6 inches long)
- 4 ounces blue cheese, crumbled
- 3 tablespoons grated Parmesan cheese
- 1 teaspoon dried basil
- $\frac{1}{8}$ teaspoon pepper
- 1 pint cherry tomatoes, thinly sliced



Instructions

1. Preheat oven to 400° F.
2. Cut zucchini into $\frac{3}{4}$ -inch slices. Using a melon baller or small spoon, scoop out the insides and discard, leaving the bottom intact. Place zucchini on an ungreased baking sheet; spoon $\frac{1}{2}$ teaspoon crumbled blue cheese into each.
3. Combine the Parmesan cheese, basil and pepper; sprinkle half over blue cheese. Top each with a tomato slice; sprinkle with the remaining Parmesan mixture. Bake at 400° F until cheese is melted, 5-7 minutes. Serve warm.

Source: <https://fruitsandveggies.org/recipes/cheesy-zucchini-bites/>



Spinach Pesto

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 3 cloves garlic, peeled
- 2 tablespoons sunflower seeds
(or other seed or nut)
- ¼ cup olive oil
- 4 cups spinach
- Juice of ½ lemon, about 1 ½ - 2 tablespoons
- Salt and pepper, to taste

Source: <https://www.azhealthzone.org/recipes/spinach-pesto/>

Instructions

1. Wash hands with soap and warm water.
2. In a food processor or blender, combine garlic, sunflower seeds and olive oil. Blend until garlic and sunflower seeds are small pieces.
3. Add spinach, lemon juice, salt and pepper. Pulse until smooth, pausing to scrape sides of the bowl, if needed.



**Rinse fresh fruits
and vegetables under
running water.
Soap is not
recommended**



Beefy Sweet Potato Skillet

Yield: 4 Servings

Time: 25 Minutes

Ingredients

- 2 cups instant white rice
- ¼ cup minced fresh cilantro
- 1 pound 90/10 lean ground beef
- ½ cup water
- 1 tablespoon 30% less sodium taco seasoning
- 1 large unpeeled sweet potato, cubed
- 1 medium yellow onion, chopped
- ¼ cup plain non-fat Greek yogurt
- 1 teaspoon hot sauce

Source: <https://choosehomemade.org/recipes/beefy-sweet-potato-skillet/>

Instructions

1. Prepare rice according to package directions. Fluff with fork, add cilantro and set aside.
2. Heat a large skillet over medium. Add beef and cook 7-8 minutes, crumbling meat and stirring occasionally.
3. Add water and taco seasoning. Cook 3 minutes, stirring occasionally.
4. Add sweet potatoes and onion. Cover and simmer 10 minutes or until potatoes are fork tender, stirring occasionally.
5. In a small bowl, combine yogurt and hot sauce.
6. Divide evenly, top with yogurt and serve.

Walnut 'Chorizo' & Goat Cheese Mini Pizza Bites

Who doesn't love pizza bites? This plant-forward appetizer is a little bit fancy and a whole lot of fun. Expect tons of flavor and texture from a meatless 'chorizo' made with chopped California walnuts, pinto beans, and fragrant herbs and spices. Add zucchini and crumbled goat cheese to the mix for a Mediterranean flavor finish. These mini bagel bites make an excellent snack or game day appetizer.

Yield: 10 Servings

Time: 55 Minutes

Ingredients

Walnut 'Chorizo'

- 1½ cups walnuts
- 1 cup pinto beans, drained/rinsed
- 2 tablespoon lime juice
- 1 teaspoon smoked paprika
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- ½ teaspoon chipotle powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 1 tablespoon olive oil

Pizza Bites

- 3 tablespoon olive oil
- 1 cup sliced sweet onion
- 5 mini bagels
- 1 large zucchini, sliced into 10 (½- inch) slices
- 1 cup marinara sauce
- 1 cup walnut 'chorizo'
- ½ cup crumbled goat cheese
- ½ cup chopped fresh basil

Directions

Walnut 'Chorizo'

1. Add walnuts to a processor and pulse until finely crumbled. Transfer to a mixing bowl.

2. Add pinto beans, lime juice, paprika, oregano, cumin, chipotle powder, salt and garlic powder to food processor and pulse until mixture resembles ground meat. Stir bean mixture with walnut pieces to combine.
3. Heat one tablespoon of olive oil over medium heat in a medium skillet. Add walnut 'chorizo' and cook for 5-7 minutes, until lightly browned, using a spatula to break up into crumbles.

Caramelize Onions

4. Heat olive oil over medium heat in a clean pan and add slices of onion. Cook, stirring occasionally for 15-20 minutes, until onion is soft and golden brown.

Pizza Bites

5. Preheat oven to 375° F and line two baking sheets with parchment paper. Slice bagels in half and place on one baking sheet. Place zucchini slices on the other baking sheet.
6. Top bagels and zucchini with 1 tablespoon of marinara and spread with the back of a spoon. Add 1 tablespoon of walnut 'chorizo' crumbles. Sprinkle with caramelized onion and goat cheese.
7. Bake for 10 minutes.
8. Cool for 5 minutes on baking sheets. Serve pizza bites hot topped with fresh chopped basil.

Source: <https://fruitsandveggies.org/recipes/walnut-chorizo-goat-cheese-mini-pizza-bites/>



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