



Cranberries



"Their Cran-tastic!"

Nutritional Benefit:

- One cup of cranberries has only 50 calories.
- Provides vitamin C and fiber.

How to Pick, Store, & Prepare:

- Choose plump cranberries that are red, shiny and firm to the touch.
- Berries that are discolored or shriveled should be tossed.
- Fresh cranberries can be refrigerated up to 1 month or frozen for up to 1 year.
- Cooked cranberries can be refrigerated for a few days or frozen for up to 6 months.
- When making a sauce cook until the cranberries "pop" as overcooking causes them to be bitter.

How to Increase Consumption:

- Enjoy cranberries fresh, canned, frozen, dried or in 100% fruit juice.
- Add them to smoothies, breads and muffins.
- Top salads with dried cranberries.
- Combine unsweetened cranberry juice with your favorite fruit juice to develop a sweet and sour beverage.
- For a unique flavor add whole cranberry sauce to baked beans or BBQ sandwich recipes.

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Butternut Squash



"Squash Unhealthy Eating, Add more Butternut!"

Nutritional Benefit:

- 1 cup of cooked cubed squash has only 80 calories.
- Provides vitamin A & C and fiber.

How to Pick, Store, & Prepare:

- Choose squash that are heavy for their size and have tough, firm skin.
- Avoid squash that has bruises, punctures or cuts, which can let bacteria in and cause mold.
- Fresh squash can be stored in a cool dark place for several weeks to months.
- Cooked squash can be refrigerated for a few days, or frozen for up to six months.
- Butternut squash should not be eaten raw, it can either be roasted, baked, steamed, sautéed or cooked in the microwave.

How to Increase Consumption:

- Butternut squash can be mashed and flavored with cinnamon, ginger or all spice.
- Roasted butternut squash seeds can be added to salads, granolas or trail mixes.
- Toss roasted butternut squash into pasta dishes.
- Use butternut squash as the key ingredient in chip and vegetable dips.
- Butternut squash can even be made into pie filling.

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Cranberry Recipe

Cran-Apple Delight

Serves 12 (1/2 cup/serving)

2 cups fresh cranberries
3/4 cup coarsely chopped walnuts
1/2 cup packed brown sugar
2 tsp. ground cinnamon
6 apples, chopped
1/2 cup water (as desired for consistency)

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In a large microwave-safe dish, combine all ingredients. Microwave on high 20 minutes or until apples are soft, stirring occasionally. May be served warm or cold; serve over ice cream, oatmeal, pancakes or enjoyed as is.

Per serving: 140 calories, 5 g fat, 1 g protein, 25 g carbohydrate, 4 g fiber, 0 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved

Butternut Squash Recipe

Butternut Squash Soup

Serves 8 (1 cup/serving)

1 1/2 cup chopped onion
1 Tbsp. olive oil
8 cups peeled and cubed butternut squash (about 1 medium squash)
3 cups water
2 tsp. ground black pepper
8 oz. reduced-fat cream cheese, softened
1/4 cup honey

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In a large saucepan, sauté onions in oil until tender. Add squash, water, and black pepper. Bring to a boil; reduce heat, then simmer 20 minutes or until squash is tender. Puree squash, cream cheese and honey in a blender or food processor in batches until smooth. Return to sauce pan and heat through. Do not boil.

Per serving: 200 calories, 6 g fat, 5 g protein, 35 g carbohydrate, 7 g fiber, 150 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.getactivewisconsin.org/>

(Click La Crosse County, click Get Healthy Eating)