

Eat Smart • Move More

Creamy Butternut Squash

Prep Time: 10 minutes

Total Time: 60 minutes



Ingredients

- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 butternut squash, halved lengthwise and seeded
- ¾ cup plain Greek yogurt
- ½ cup reduced fat grated Parmesan cheese, divided

Nutrition Facts

4 servings per container

Serving size **1 serving**
(164.66g)

Amount per serving
Calories **140**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 370mg **16%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0.1mcg 0%

Calcium 250mg 20%

Iron 0.9mg 6%

Potassium 450mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oven to 425°F.
- Rub olive oil, pepper, and salt evenly over both butternut squash halves. Place halves cut side up in a baking dish large enough to hold both halves.
- Bake squash for 35-45 minutes, or until fork tender. Remove squash from the oven and let it cool slightly, until you can handle it safely.
- Using a spoon, carefully (trying not to break the outer shell) scoop out most of the flesh from the squash into a bowl. Add yogurt and ¼ cup Parmesan cheese to the bowl. Mash and mix thoroughly to combine everything together.
- Spoon the squash mixture back into the shell, and sprinkle the tops with remaining Parmesan cheese.
- NOTE: For a crunchier texture, broil for a couple of minutes until golden brown. Serve warm.

Quick Tips

- ▶ A medium sized butternut squash is approximately equal to 3 cups, diced.
- ▶ Parmesan cheese can be substituted for a mild cheese.
- ▶ Twice bake this recipe - bake for an additional 10 minutes prior to broiling for a crisper flesh.

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(Recipe adapted from @cleanfoodcrush, as listed at: <https://www.instagram.com/p/B5lvIDEJKNc/>)

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Roasted Root Vegetables

Prep Time: 5 minutes

Total Time: 25 minutes



Ingredients

- 1 sweet potato, chopped
- 1 rutabaga, chopped
- 1 onion, chopped
- 1 potato, chopped
- 2 carrots, chopped
- 1 turnip, chopped
- 1 tablespoon olive oil
- 3 tablespoons reduced fat grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon ground sage
- 1 teaspoon dried rosemary

Nutrition Facts

6 servings per container	
Serving size	1 serving (179.37g)
Amount per serving	Calories 120
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 90mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 1mg	6%
Potassium 570mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

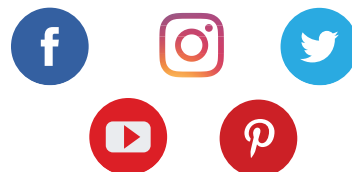
Directions

- Heat oven to 350°F.
- Evenly spread all vegetables on a baking sheet or baking dish. Drizzle oil and seasonings over vegetables. Toss to combine. Bake 30-40 minutes or until all vegetables are tender.
- Sprinkle with Parmesan cheese before serving.

Quick Tips

- Change up the seasonings. Use your preferred herbs or spices, like garlic powder, ground black pepper, Italian seasoning, to flavor this dish.
- Try adding other vegetables, such as broccoli, cabbage, or cauliflower for a different taste.

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(Recipe adapted from: <https://www.thekitchn.com>)

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Vegetable Stir-fry

Prep Time: 10 minutes

Total Time: 20 minutes



Ingredients

- 2 teaspoons canola oil
- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 bell pepper, sliced
- $\frac{3}{4}$ cup pineapple juice
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 $\frac{1}{2}$ teaspoons cornstarch
- 1 teaspoon less sodium soy sauce
- 2 cups brown rice, cooked

Nutrition Facts

6 servings per container

Serving size

**1 serving
(251.74g)**

Amount per serving

Calories

310

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 62g **23%**

Dietary Fiber 5g **18%**

Total Sugars 9g

Includes 2g Added Sugars **4%**

Protein 7g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1.5mg 8%

Potassium 640mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a skillet over medium-high heat. Add broccoli, cauliflower, carrots, and celery. Cook for 2 minutes. Add bell pepper and cook for 2 more minutes.
- In a mixing bowl, combine pineapple juice, lemon juice, sugar, cornstarch, and soy sauce. Next, add the sauce to the skillet. Bring to a boil and cook for 1 minute or until the sauce thickens. Pour sauce over vegetables.
- Serve over brown rice.

Quick Tips

- Substitute frozen vegetables for quicker prep time.
- Leftover rice can be used in place of cooking rice.
- Use your family's favorite veggies in this recipe. Snow peas, mushrooms, or cabbage would taste great, too.

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(Recipe adapted from: <http://www.layersofhappiness.com>.)

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