



## Wonderful Winter Squash

Fall brings the new crop of hard-shelled squash to the grocery store. These winter squash add an abundance of super nutrients to the table. Orange-fleshed squashes are especially high in beta-carotene, a nutrient important for healthy skin, immune system and night vision. A half-cup of cooked orange-flesh winter squash provides about 50 calories and 3 g of dietary fiber, a nutritional bargain.

Squash is easy to cook by following the cooking tips below:

### Cooking Directions:

Get squash ready to use in a wide assortment of recipes from soup to dessert by baking, steaming or boiling. Roasting enhances squash's natural sweetness.

**Bake:** Cut in half, remove seeds and place cut-side down in a baking dish. Bake at 350° F or microwave on high until tender. Scoop flesh for recipes using cooked squash.

**Roast:** Cut into chunks, peel cut off, toss with olive oil and seasonings. Place on a foil-lined shallow baking pan and roast at 475°F for 35 to 45 minutes, stirring every 15 minutes. Roast until they're fork-tender.

**Steam or boil:** Cook peeled chunks in a small amount of simmering water or in a steamer until tender. Season and serve.

### Winter Squash Primer:

**Butternut:** Tan shell makes these easy to spot. Similar in flavor and texture to sweet potatoes.

**Acorn:** Looks like a large green acorn. Sweet buttery yellow-orange flesh.

**Buttercup:** Dark green shell with lighter green spots. Deep-yellow flesh with slightly nutty flavor

**Spaghetti:** Stringy flesh resembles cooked spaghetti. Use as a very low-calorie alternate to pasta dishes.

Whether you prefer sweet or savory, winter squash fits both tastes. Try this flavorful recipe featuring acorn squash – it is fabulous!

### Chicken & Wild-Rice-Stuffed Acorn Squash

Serves: 6 (1/2 squash each)

Source: Hy-Vee Seasons Fall 2012.

#### All you need:

- 3 acorn squash, halved and seeded
- 1/2 c. water
- 1 tbsp Hy-Vee butter
- 1 tbsp Grand Selections olive oil
- 1 c. cubed raw chicken breast
- 1/4 tsp Hy-Vee salt
- 1/4 tsp Hy-Vee ground black pepper
- 1/2 c. chopped celery
- 3/4 c. chopped yellow onion
- 1/4 c. chopped orange bell pepper
- 1/4 c. chopped fresh mushrooms
- 1 1/4 c. reduced-sodium chicken broth
- 1 c. water
- 1 (6 oz) box Hy-Vee long grain and wild rice (seasoning mix included)
- 1/2 c. Hy-Vee panko bread crumbs
- 1 tbsp Hy-Vee butter, melted

#### All you do

1. Preheat oven to 400 degrees. Place acorn squash halves cut-side-down on a jellyroll pan. Pour 1/2 cup water into pan and place in oven. Bake 30 minutes or until fork-tender.
2. Meanwhile, heat 1 tablespoon butter and oil in a large skillet over medium-high heat. Add chicken, salt and black pepper. Brown chicken. Stir in celery, onion, bell pepper and mushrooms; sauté 5 minutes.
3. Stir in broth, water, rice and rice seasoning packet. Let cook, stirring frequently until the liquid is absorbed, about 10 to 15 minutes.
4. In a small bowl combine bread crumbs and 1 tablespoon butter. Fill each hot squash half with about 1/2 cup rice mixture. Top each with 1 heaping tablespoon bread crumb mixture.
5. Return to oven and bake an additional 25 minutes.

Nutrition information per serving: 290 Calories, 11 g Protein, 49 g carbohydrate, 3 g Saturated Fat, 25 mg cholesterol, 830 mg sodium  
Dietary Fiber: 5g

# What is On the Menu for a Healthy Kitchen?

Have you ever found yourself standing in front of an open pantry or refrigerator carefully inspecting its contents in search of something that seems appealing to eat? We make more than 200 food-related decisions per day, and are unaware of 90% of them. In a phenomenon called mindless eating, a term coined by psychologist and Cornell University consumer behavior professor Brian Wansink, research suggests that our eyes, rather than our stomachs, really do dictate how much we end up eating. And, with Halloween the unofficial start to the holiday eating season, now is the time to take action!

Eating less may be easier than you think! By making simple changes to your environment, you might be able to eat less without really thinking about it. So what is on the menu for a healthy kitchen?

**Good Things Come in Small Packages.** We eat more from bigger packages. Instead of eating directly out of a package or box, put snacks in a separate dish or snack-size baggies, and leave the box in the kitchen. The smaller the serving container, the less you'll serve yourself!

**Buy Smaller Serving Dishes.** Size matters. We eat 72% of our calories from food in bowls, plates and glasses. Drink from tall, slender glasses instead of short, wide ones. You'll pour yourself less! Did you know if you eat off a 12-inch dinner plate instead of a 10-inch one, you're likely to eat about 22% more? Same applies for serving spoons. When you use a larger spoon to dish up the meal, you're likely to consume up to 14.5% more than you would with a small spoon.

**Out of Sight, Out of Mind.** We crave food most when we see it. If you're going to grab food that crosses your field of vision, a bowl of fruit or vegetables sitting in plain view will encourage you to grab healthy snacks instead. Even placing healthy options at eye level in the refrigerator and pantry will inspire eating mindfully.

**See It Before You Eat It.** Plate your food beforehand, and leave the serving dishes in the kitchen. When people pre-plate their food, they eat 14% less than when they take smaller amounts and go back for seconds.

**Location, Location, Location.** Be in the moment, and present while you are eating. If you eat in front of the television, in bed or standing in the kitchen, you may have an urge to eat simply from being in that location. Make it a family rule to limit eating to one or two rooms in the house. This will decrease triggers, and help you focus on enjoying your food without distractions.

*The information is not intended as medical advice. Please consult a medical professional for individual advice. Source: Wansink, B., 2006. Mindless Eating: Why We Eat More Than We Think. New York: Bantam Books.*

## Gingersnap Popcorn Snack Mix

Serves 8 (1/2 cup each)

### All you need:

2 quarts popped popcorn (2 oz. un-popped kernels)  
Butter-flavored cooking spray  
1/3 cup Truvia  
2 tsp ground ginger  
1/2 tsp freshly ground nutmeg  
1/4 tsp cinnamon  
1/4 tsp ground cloves  
1/8 tsp freshly ground black or white pepper

### All you do:

1. Preheat oven to 325° F.
2. Spread popcorn on baking sheet and spray lightly with the cooking spray.
3. Combine remaining ingredients in a small bowl and sprinkle evenly over popcorn. Spray again with cooking spray and toss to coat evenly.
4. Bake 7 minutes and serve warm.

Nutrition per serving: 30 cal, 0 fat, 0 saturated fat, 0 trans fat, 10 mg cholesterol, 0 sodium, 22 g carbs, 2 g fiber, 13 g sugar, 1 g protein.

## New Temperature Recommendations Bring Tastier Meat to the Holiday Table

When it comes to holiday meals, flavor is foremost, whether it's the traditional big holiday turkey, small rolled beef roast or a salmon fillet. The cut you start with is important, but so is the cooking temperature. Following the updated cooking temperature recommendations released earlier this year by the U.S. Department of Agriculture (U.S.D.A) keeps meats safe as well as tender and delicious.

U.S.D.A. gave us only three numbers to remember:

- 145°F for all steaks, roasts and chops with a 3-minute rest. This includes beef, pork, veal and lamb. U.S.D.A. found that the three-minute rest makes meat just as safe as cooking to the previously recommended 160°F. Lower temperature means a moister meat with more flavor. Beef and pork will be pink at this temperature. The redness is not blood. It is something called myoglobin which holds oxygen in muscle. Today's lean pork loin roasts dry out easily, so cooking them to the lower temperature helps keep pork tender.
- 145°F for most seafood. The thermometer is best, but unlike for meats, you can tell when seafood is done by looking at it. Fish, such as salmon, should be opaque and separate easily with a fork.
- 160°F for all ground meat except poultry. Because bacteria on the outside of meat gets mixed into the product during grinding, the higher temperature is important.
- 165°F for all poultry. Use this to gauge the doneness and safety of whole birds, pieces and ground turkey or chicken. This lower temperature keeps breast meat moist.

Use a food thermometer. You can't tell if the temperature of meat is safe by looking at it. Thermometers are located in the utensil section of the baking aisle or by the meat department at Hy-Vee - or ask one of our friendly smiles for the location at your store.

Instant-read thermometers are easy to use. Look for the small indentations on the probe and insert the thermometer deep enough into the meat to cover the indentations. Remove the thermometer before putting meat back in the oven or on the grill.

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## Frozen turkey roasting guide

According to the USDA, whole turkey may be cooked from a frozen state. In fact, there are food safety benefits to this method. When the turkey is frozen juices are not able to transfer from the turkey onto sinks, counter tops and towels. This reduces the risk for cross contamination.

1. Remove Wrapper and Place in Pan.
2. Remove the plastic wrapping from the outside of a frozen whole turkey or turkey breast. Place the turkey on a metal cooking rack in a shallow pan or in a covered roasting pan with approximately 2-inch sides. By setting the turkey on the rack it will allow for the heat to circulate evenly around the turkey. (Do NOT stuff the turkey.)
3. Center the turkey in the oven, placing it on the lower rack. Roast in a 325° F. oven.
4. Remove the turkey from the oven after 2 to 3 hours of cooking. Using tongs, or a long-handled fork, remove the packages of giblets. (If the giblets are in a paper bag there is no concern if they remain in the turkey the entire cooking time.) If they are in a plastic bag, and the bag has been altered or melted by the cooking process, do not eat the giblets or turkey because harmful chemicals may have leached into the meat. If the plastic bag has not been altered, the giblets and turkey are safe to eat.
5. Now is a good time to season the turkey with salt and pepper or your favorite spices. If the outside of the turkey is browning more than you would like, place a tin foil tent loosely over the turkey and return it to the oven.
6. The cooking time for a frozen turkey will take 25% to 50% longer than a fully thawed turkey. (A 14 pound turkey may take 5 hours verses 4 hours.) The turkey is done when the thermometer reaches 180° F. in the deepest part of the thigh and 170° F. in the thickest part of the breast.
7. Remove the turkey from the oven, tent loosely with foil and allow it to rest for 20 minutes before carving.
8. Enjoy!