

October

Winter Squash



Fall is here and that means the perfect time to enjoy winter squash. Common types of winter squash are acorn, butternut, delicata, spaghetti and, of course, pumpkin!

Squash is cooked by steaming, sautéing, grilling, roasting or baking. For added flavor and a nutrition boost, try adding squash to stir fries, soups and casseroles and try baking squash in breads, cakes and pies. Squash is high in vitamin C, and is a good source of fiber, vitamin A and B vitamins. Squash naturally has no fat, no cholesterol and no sodium.

Wash squash before cutting or peeling. Most varieties (with the exception of butternut squash) have very tough skins that cannot be removed with a vegetable peeler, so it's easier to cook them with the skin on. Cut squash in half with a sharp knife. Cut next to the stem rather than through it. If the squash is too difficult to cut, you can microwave the squash for two to four minutes or until it's soft enough to cut into pieces. Spoon out seeds and stringy fibers before cooking. Place halves cut-side down and smaller pieces cut-side up in a baking dish. Bake at 400° F for 30 to 60 minutes or until tender. Smaller pieces will take less time.

Most varieties of winter squash are already flavorful and sweet, so all it takes is just a little bit of olive oil, salt and pepper to taste delicious. Suggestions for a sweet change-up include adding spices like cinnamon, nutmeg, allspice or ginger with a drizzle of honey, maple syrup or orange juice. Spice blends like pumpkin pie spices or apple pie spice will work well, too. Suggestions for a savory change-up include spices like chili powder, garlic powder or herbs like oregano, sage, and grated cheese. You can add some milk to adjust consistency.

Cooked squash freezes well, so never throw cooked squash away! Freeze leftovers in freezer bags and move them into the fridge the night before you plan to use. Squash will be thawed and ready to heat by dinner time!

CrockPot Butternut Squash *Serves: 6*

All you need:

2 ½ lbs butternut squash	½ tsp cinnamon
2 ½ lbs Granny Smith apples	¼ tsp salt
½ cup brown sugar	1/8 tsp ginger
1 tbsp flour	1/8 tsp ground cloves



All you do:

1. Cut squash in half. Remove seeds and fibers from center of squash with a spoon. Cut squash into quarters (for easier peeling); peel squash (a sharp knife will work more easily than a peeler). Cut squash into 1-inch slices.
2. Core apples and cut into 1-inch pieces.
3. In a medium bowl mix sugar, flour, cinnamon, salt, ginger and ground cloves.
4. Layer one half of the squash in the bottom on a 4- to 5-quart crockpot. NOTE: Spray crockpot with non-stick cooking spray for easier cleaning later on!
5. Top with half the apple slices and half the sugar/flour/spice mixture. Repeat layers. Cover crockpot and cook on LOW for 4-5 hours or on HIGH for 2-½ hours.
6. Enjoy this amazingly healthy dish!

Nutrition Information per serving: 155 calories, 0 grams fat, 40 grams carbohydrate, 2 grams protein, 7 grams fiber, 400% vitamin A, 90% vitamin C

Mankato Hy-Vee HealthLetter: April Graff, MS, RD, LD & Holly Ellison, RD, LD

Spaghetti Squash Parmesan *Serves 4*

All you need:

- 1 spaghetti squash
- 1 (10 oz) package frozen chopped spinach, thawed
- 1 cup low-fat ricotta cheese
- ½ cup plain bread crumbs
- 1 tsp dried Italian seasoning
- 1 tsp garlic powder
- 2 cups low-sodium pasta sauce
- ¼ cup shredded Parmesan cheese



All you do:

1. Cut squash in half and remove seeds and pulp. Invert on a microwave dish or platter and microwave until tender, about 10-15 minutes. Let cool.
2. Using a fork, remove the strands of squash from its shell.
3. Lightly spray a 9-by-13-inch pan with nonstick cooking spray. Arrange squash on bottom of the pan. Thaw spinach and drain well, pressing out excess liquid.
4. In a bowl combine spinach, ricotta cheese, bread crumbs and seasonings. Mix until blended. Spread over squash. Top with pasta sauce and sprinkle with cheese.
5. Bake at 350° for 30-40 minutes or until heated through.
6. Allow to sit for 5 minutes before cutting and serving.

Nutrition Facts (per 1 cup serving): 260 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 420 mg sodium, 36 g carbohydrate, 7 g fiber, 25 g protein.

Squash & Balsamic Onion Grilled Cheese 4 servings

ALL YOU NEED:

- 5 tbsp unsalted butter, plus more for the bread, divided
- ½ butternut squash, peeled, seeded and sliced ¼-inch thick
- 2 tbsp maple syrup
- ½ tsp chili powder
- Kosher salt and black pepper, to taste
- 1 sweet onion, thinly sliced
- ¼ cup balsamic vinegar
- 1 tsp sugar
- 8 slices country white bread
- 1 pound manchego cheese, thinly sliced
- 1 cup sliced almonds, toasted



ALL YOU DO:

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Melt 2 tablespoons butter. Toss the squash with the melted butter, maple syrup, chili powder, salt and pepper on the prepared baking sheet. Roast until golden and soft, about 20 minutes. Set aside and let cool.
3. Melt 1 tablespoon butter in a medium skillet over medium-low heat. Add onion' toss to coat. Cook without stirring for 10-15 minutes until the onion begins to develop a deep brown color.
4. Stir in balsamic vinegar, sugar and salt and pepper to taste. Cook by stirring, until the onion mixture thickens and develops an intense sweetness, about 15 more minutes.
5. Butter all slices of bread. On the unbuttered side of 1 slice, add ingredients in this order: 1/8 the manchego, ¼ the squash, caramelized onion and sliced almonds and 1/8 the manchego. Close with another buttered bread slice, buttered side up. Repeat with the remaining ingredients to make 3 more sandwiches.
6. Heat a heavy griddle or flat pan over medium heat. Melt the remaining 2 tablespoons butter in the pan. Lightly cook each sandwich, in batches if necessary, until the cheese starts to melt, 3 to 4 minutes per side. Low and slow is the key here so you don't overcook your bread before the delicious innards get gooey.

Crock-tober

The weather is cool and schedules are busy. October is a great time to dust off one of the most under-used appliances, the slow cooker. With busy schedules, work, school, and activities, preparing a delicious and nutritious meal every night can seem overwhelming. But it doesn't have to be. The slow cooker is the perfect tool to help you make quality choices night after night.

There are few things better than to walk into your house after a long day of work and smell your delicious supper cooking, and know that all you have to do to get the meal on the table is to dish it up. Having your meal prepare itself while you are at work or doing other tasks is a feat that any multi-tasking mom (or dad) could be proud of.

It is for that reason that October is now known as "Crock-tober"! This month will be dedicated to the crock-pot and all its amazing uses. Here are a few recipes to get your month started out right.

Zesty Slow Cooker Chicken Barbecue *(Serves 12)*

All you need:

- 6 boneless, skinless chicken breasts
- 1 (12 ounce) bottle BBQ sauce
- ½ cup Italian salad dressing
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 12 hamburger-style buns

All you do:

1. Place chicken in a slow cooker. In a bowl, mix the BBQ sauce, Italian dressing, brown sugar and Worcestershire sauce. Pour over the chicken.
2. Cover and cook 3 to 4 hours on HIGH or 6 to 8 hours on LOW. Serve on a bun.



Pork and Black Bean Beer Chili *(serves 8)*

All you need:

- 1 ½ pounds pork loin
- 1 small onion, coarsely chopped
- 1 small red bell pepper, coarsely chopped
- 3 (15 ounces each) cans black beans, rinsed
- 1 (16 ounces) jar salsa
- 1 (12 ounce) bottle beer (or chicken broth)
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 2 teaspoons chili powder

All you do:

1. Combine the pork, onion, red pepper, black beans, salsa, beer, oregano, cumin and chili powder in a slow cooker. Set to LOW and cook for 8-10 hours.
2. Shred pork before serving.



Enter to Win!

Stop into the store throughout the month of October for our "Crock-tober" recipe of the week. Purchase the ingredients for the recipe and enter to win your own slow cooker and ingredients for a delicious meal!

See store for details.

Gluten-Free Confusion: Separating fact from fiction



Stomach pain, diarrhea, weight loss. Those are some of the symptoms of celiac disease, which is an autoimmune reaction to gluten, a protein found in wheat, barley and rye.

At least one out of 100 Americans has celiac. Most of them don't know it. And studies suggest that some people who don't have the disease still can't tolerate gluten. Here's the latest on a problem that is causing much confusion.

Q: Who should be tested for celiac disease?

A: Anybody who has a family member with celiac disease or symptoms that are suggestive of celiac disease – like iron deficiency anemia, chronic diarrhea, bloating, gas or abdominal pain. So should people with type 1 diabetes or autoimmune diseases like lupus or rheumatoid arthritis in the family.

Q: How do you test for celiac?

A: A blood test for antibodies is the first step. If the test is positive, the next step is to get a biopsy of the lining of the small intestine.

Q: Why do you need a biopsy?

A: If the antibody test is positive, that increases your probability of having the disease tenfold. So if somebody has terrible diarrhea or he/she is anemic and has a brother or sister with celiac, his/her likelihood of having the disease is one-in-two. If their test is positive, it's virtually certain that the person has the disease.

On the other hand, if that person has no family history of celiac disease (with the same symptoms), his/her likelihood of having celiac disease is 1-in-30. A positive test increases the likelihood tenfold, so the patient's chance of having celiac is one-in-three. That means two out of three patients with a positive test *won't* have the disease. That's not a solid basis to make a diagnosis and put someone on a gluten-free diet. A biopsy is necessary.

Q: Is a biopsy definitive?

A: Yes, as long as the patient isn't already on a gluten-free diet. If the person is, the biopsy may not see signs of celiac. The same is true for the blood test. That's all the more reason that people should get tested before going on a gluten-free diet.

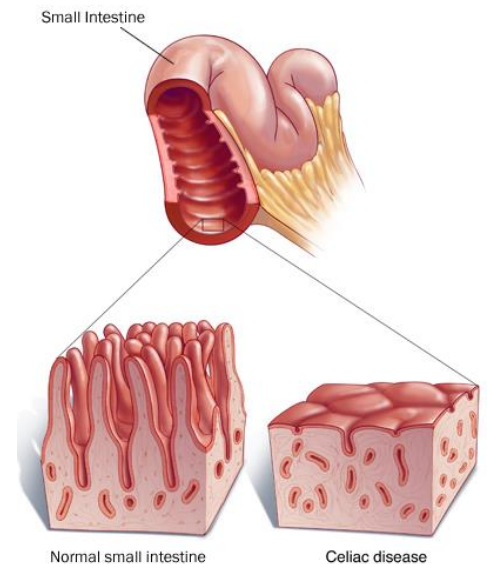
Q: What if the antibody test is negative?

A: A negative antibody test reduces the chance of having celiac tenfold. Odds go from one-in-30 to one-in-300.

Q: What is the harm in not getting tested?

A: If people derive some benefit from a gluten-free diet without getting tested, I would never argue with success. But there are risks. People could have other diseases like Crohn's disease, peptic ulcer disease or colon cancer. Those conditions could go untreated while the patient focuses on avoiding gluten. Also, while following a gluten-free diet, there are several nutrients that are more difficult to get (fiber and B vitamins are a few).

Hy-Vee has a [gluten-free listing](#) that includes all Hy-Vee brand gluten-free products.



The intestinal lining of a person with celiac disease is flat and inflamed. This prevents nutrients from being absorbed and broken down.

Gluten-Free Expo

Tuesday, October 6th from 4 – 6 p.m.

Hilltop and Riverfront Hy-Vee

Sample gluten-free foods from some of your favorite companies and try new products before you buy them.



dietitian's pick:

SQUASH - SPAGHETTI, ACORN & BUTTERNUT

5 REASONS TO CHOOSE SQUASH:

1. These seasonal favorites are rich in Vitamin A and carotenoids, which have been shown to benefit heart health and immunity while promoting healthy skin.
2. Squash is a good source of fiber, which may help keep blood sugars stable.
3. Menu ideas vary from sweet to savory; you can even use the flesh of spaghetti squash as an alternative to traditional pasta noodles.
4. Winter squash is loaded with Vitamin C, making it the perfect flu-fighting food during flu season.
5. Most winter squash varieties are naturally sweet, making them a great food to try with kids.



SQUASH ROUNDS WITH SHALLOT-CIDER SAUCE

Serves 6

ALL YOU NEED:

- 1 (3 pound) butternut squash, with a 6-inch-long neck (see Shopping Tip)
- 2 tbsp canola oil
- 2 cups thinly sliced shallots, (8 to 10 medium)
- 1 tsp light brown sugar
- 1/2 tsp salt
- 1 cup apple cider
- 1 tbsp cider vinegar
- 1/2 cup chopped walnuts, toasted (see Tip)

- **Make Ahead Tip:** Prepare the sauce (Step 4); cover and refrigerate for up to 1 day. Reheat just before serving.
- **Shopping Tip:** Look for a squash with a long slender neck like a goose—at least 6 inches long and about 3 inches wide.
- **Tip:** To toast chopped walnuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

ALL YOU DO:

1. Preheat oven to 350 degrees. Coat a large baking sheet with cooking spray.
2. Cut off the neck of the squash and peel it. Slice into twelve 1/2-inch-thick rounds; remove any stray fibrous threads or seeds in the centers. (Reserve the rest of the squash for another use, such as squash puree). Place the squash rounds on the prepared baking sheet. Cover with foil.
3. Bake for 20 minutes. Remove the foil and continue baking until the squash is tender, about 20 minutes more.
4. Meanwhile, heat oil in a large skillet over medium heat. Add shallots, brown sugar and salt and reduce heat to medium-low; cook, stirring often, until the shallots are softened and beginning to brown, about 5 minutes. Stir in cider and vinegar and cook until most of the liquid is evaporated, 6 to 8 minutes.
5. To serve, place 1 squash round on a small plate and top with about 2 1/2 tablespoons shallot sauce. Place a second round on top and finish with another 2 1/2 tablespoons of sauce and a sprinkling of walnuts. Repeat with the remaining squash, shallot sauce and walnuts.

Nutrition Facts per serving: 203 calories, 11g fat, 1g saturated fat, 0mg cholesterol, 203mg sodium, 25g carbohydrates, 2g fiber, 4 g protein.

This information is not intended as medical advice. Please consult a medical professional for individual advice.

Hy-Vee's Healthy Halloween Tips-or-Treats

Trick-or-Treating Tips for Treats:

Keep candies in mind that contains the following...

Dark Chocolate – It provides more healthy antioxidants than milk chocolate but contains all the chocolate goodness!

Nuts – Whether peanut butter or almonds, they add extra protein to the sugary treat.

Low Sugar/Fat – Encourage your children to grab these treats on beggars' night to promote healthy teeth and eating habits!

Be wary of home-made items for food safety and allergies.

Stay in charge of what your children put in their mouths. Allowing them to pick one or two pieces of candy per night will help with over-indulgence and encourage portion-control. Trying to add a healthy item during snack time with the treat can also help inspire healthy habits.

Lastly, have fun with healthy Halloween snacks at home to escape the temptation of the candy stash! Keeping the candy stash out-of-sight keeps it out-of-mind for both you and your children!

Five Healthier Candies:

1. **Hershey's Special Dark Chocolate Kisses** - Four chocolate kisses contain only 85 calories, 6 grams of fat, and 9 grams of sugar!

2. **Almond Joy** - One snack-sized bar contains 80 calories, 4.5 grams of fat, and 8 grams of sugar.

3. **Twizzler Strawberry Twists** - Two twists contain 80 calories, less than 1 gram of fat, and 9 grams of sugar.

4. **Smarties** - One roll contains 25 calories, 0 grams of fat, and only 6 grams of sugar.

5. **Reese's Mini Peanut Butter Cups** - Two pieces contain 88 calories, 5.2 grams of fat, and 9.2 grams of sugar. With the peanut butter in this treat, it also contains 2 grams of protein!



Healthy Halloween Treat Alternatives:

Cereal Bars
Beef or Turkey Jerky
Snack Packets of...
- Dried Fruit
- Baked Pretzels
- Nuts & Seeds
- Trail Mix
- Low-Fat Crackers with Cheese/Peanut Butter
- Animal Crackers
- Gold Fish Crackers
- Graham Crackers
- Gummy Treats with Real Fruit Juice
Individual Juice Drinks with 100% Juice
Pudding or Jell-O Cups
Applesauce Cups
Single-Serve Packets of Microwave Popcorn
Sugar-Free Hot Chocolate or Hot Cider Packets
Fresh Fruit (apples, clementines, etc.)

Please keep in mind food safety and allergies when handing out treats during your local beggars' night!

Healthy Halloween Teeth:

Bacteria on the teeth is normal, but some bacteria is more harmful than good. Bad bacteria attaches to the enamel on your teeth and if not removed by brushing, it grows and grows to form a film around teeth called plaque. The bacteria that forms plaque and, eventually, cavities, uses sugar to grow thicker and faster. Once the plaque has formed, it creates acid when it uses the sugar to grow. The acid then breaks down the enamel on your teeth, creating tiny holes that lead to a very big hole called a cavity. Once the cavity is deep enough into the tooth, it reaches the nerve that triggers pain.

Especially during Halloween time, brushing is very important to prevent the bacteria plaque from building and creating a cavity. A gentle brushing with a slow-massaging motion is the best way to brush your teeth with a soft-bristle brush. Brushing should also last 2 to 3 minutes, at least twice per day! Flossing is also important to reach the spots your toothbrush can miss!