

Eating Healthier

Last week I gave you the first of a few recipes from the Seasons of Taste Traveling Cooking School. With Thanksgiving just around the corner I want to share with you a recipe presented by Patrice Dunagin from Smith County. It contained butternut squash, but yet with a sweet taste. It was quite a pleasant surprise! It is sure to be a new favorite on your Thanksgiving menu.

Butternut Squash Casserole

1 butternut squash, (2 pounds)
2 apples, cored, peeled, sliced
½ cup brown sugar, firmly packed
¼ cup reduced calorie margarine
1 Tbsp. flour
1 tsp. salt
¼ tsp. ground cinnamon
¼ tsp. allspice

Peel squash, scoop out seeds, and cut into small pieces. Place squash and apple slices in oblong baking dish (7 x 11 inch). Blend remaining ingredients with fork until crumbly. Distribute over squash and apples. Cover and bake at 350 degrees for about 45 to 50 minutes. Yield: 6 – 8 servings.

While this is a great way to add fruits and vegetables to your Thanksgiving dinner, you can add them to any meal. For breakfast add fresh berries or banana slices to your waffle, pancakes, or toast. A smoothie with fresh or frozen fruit and yogurt is always a healthy way to start your day.

Lunch additions can be made by adding any vegetable to your sandwich, have a veggie wrap with salsa, or substitute fresh carrots sticks for a side of fries.

Skip that high calorie dessert and have a slice of angel food cake with fresh strawberries. Bake or broil apples or pears sprinkled with a little sugar substitute and cinnamon for a warm winter treat.

The upcoming holidays are always a temptation for over-indulging in rich foods, but plan ahead and balance your diet with lots of good vegetables and fruits.