

featured recipe



**Roasted Delicata
Squash Smiles**

Source: Modified from a recipe at the New School Cuisine Cookbook

Serving size: 1/2 cup
Servings per recipe: 8

Ingredients

- 3 delicata squashes
- 1-1/2 Tbsp vegetable oil
- 1-1/2 Tbsp brown sugar
- Cooking spray for pan

Instructions

1. Preheat oven to 400° F. Coat a large baking sheet with cooking spray.
2. Cut squashes in half lengthwise. Scoop out seeds with metal spoon. Place squash halves cut side down on cutting board, and cut into 1/2 inch thick slices (“smiles”).
3. Arrange squash slices on prepared pan. Brush with vegetable oil and sprinkle with brown sugar.
4. Bake in oven until sugar is melted and slices are golden, about 20 min. Serve warm.



Want your kids to reach for a healthy snack? Make sure veggies and fruits are in reach.

When your kids come home hungry after school, make it easy for them to “grab the good stuff.” Have veggies and fruits available to grab and go, by trying some of these ideas:

- **Keep fruits and veggies where they’re easy to see.** For instance, have a bowl of fresh fruit on the kitchen table. Remind your family to wash the fruit before eating.
- **Store ready-to-eat fruit and veggie snacks in the fridge.** For instance,
 - **Store sliced vegetables in the refrigerator** in snack bags or clear containers and serve with dips like hummus, tzatziki (cucumber yogurt dip), baba ganoosh (eggplant dip) or guacamole.
 - **Toss veggies with cooked pasta and your favorite oil and vinegar dressing** for a healthy, ready-to-eat and satisfying salad.
 - **Make veggie or fruit kabobs**, and serve with healthy dip or low fat salad dressing.

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



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For more ideas, recipes and tools for eating more vegetables and fruit go to GrabtheGoodStuff.org.


Mary Lee Bourbeau
Project Director,
Finger Lakes Eat Smart New York