



November

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Get Squashed!

This time of year there is a large variety of winter squash available. "Winter" squash means it is available year around and can be a very versatile vegetable. Squash provides a hefty dose of beta-carotene as well as potassium, fiber and vitamin C.

● **Maple roasted butternut squash** - Preheat your oven to 350°F. Peel and cube one butternut squash. Toss the squash in 2 Tbsp. maple syrup, ½ tsp. chili powder and 1 tsp. minced ginger. Place squash in a single layer on a parchment-lined baking sheet. Bake for 20-25 minutes.

● **Spaghetti squash with feta and olives.** Preheat oven to 350°F. Cut spaghetti squash in half lengthwise and bake for 30 minutes, cut sides down. While squash cooks, heat 2 Tbsp. olive oil and saute 1 chopped onion with 2 cloves minced garlic for 3 minutes. Add 1 (15 oz) can diced tomatoes and simmer 5 minutes. Once squash is done, use a spoon to scoop out the squash. Combine with cooked tomatoes, 3 Tbsp. chopped kalamata olives and ¼ cup feta cheese crumbles.

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APPLES - The possible health benefits of apples were noted as early as medieval times, according to the U.S. Apple Association. The old English saying " led to the saying "An apple a day keeps the doctor away."

Some studies indicate apples may help decrease the risk of heart disease and certain cancers. And, weighing in at approximately 80 calories per average apple, they may also help with weight control.

Select your apple by the taste and the different uses of each variety:
(snacking, salads, pies, sauces, baking, freezing)?

Let's Play... Food: Keep or Toss?

Should you "Keep" or "Toss" the following foods?

- 1. Tacos left on the kitchen counter overnight?
KEEP TOSS
- 2. Meat thawed all day on the kitchen counter?
KEEP TOSS
- 3. Cut or peeled fruit and vegetables left at room temperature?
KEEP TOSS
- 4. Leftover pizza placed in the refrigerator within 2 hours after it was cooked?
KEEP TOSS
- 5. Leftovers kept in the refrigerator for over a week?
KEEP TOSS

ANSWERS:

1. Toss. Even if you reheat food left out overnight. Bacteria can form.
2. TOSS. Bacteria may have formed when left on the counter.
3. TOSS. When peeled or cut, bacteria on the outside can be transferred to the inside.
4. KEEP. Perishable foods held at room temperature less than 2 hours can be safely consumed
5. TOSS. Even refrigerated leftovers may become unsafe within 3 to 4 days.