



recipes and nutrition

FEATURED PRODUCE OF THE MONTH

Easy Butternut Squash Soup

1 TBS olive or vegetable oil
2 cloves garlic, minced
1 onion, diced
1 medium or 1/2 a large Butternut squash,
peeled and diced into cubes
25-32 oz vegetable broth
1-2 tsp. salt and pepper to taste

Directions:

In a heavy pot, heat olive oil over medium heat. Add onion, and garlic, cook until softened, about 5 minutes.

Add cut up squash and $\frac{3}{4}$ of the vegetable broth, bring to a boil and let simmer for 20 minutes, until squash is softened.

Pour contents of pot into a blender and blend. Add salt and pepper as needed. DO NOT over fill blender. Food expands when it is hot. Blend in batches if needed and add more stock if you need to thin the soup.

Blend until smooth, serve with bread if desired. Enjoy!

Serves 8

Cook time 35 minutes

NUTRITION FACTS FOR HEALTHY EATING

Butternut squash is high in potassium, which can help keep your blood pressure in check. Managing your blood pressure can reduce your risk for stroke and heart disease. Its fiber helps control blood sugar. Butternut squash is a good source of fiber. Foods high in dietary fiber can help keep your weight in balance and lower your cancer risk. Research shows that butternut squash can help reduce your risk of colorectal cancer, in particular.

The taste of butternut squash is fairly mild, somewhat sweet, and a little bit nutty. Its flavor may remind you of a cross between a sweet potato and a carrot or turnip.

RECIPE FROM THE STAPLES PANTRY

Each month we will feature a creative, new way to use some of our pantry staple items:

OCTOBER IS OATS!

Truly Easy Oatmeal Cookies

1 1/2 cups rolled oats
3/4 cup light brown sugar
1/2 teaspoon salt
3/4 cup well-stirred tahini, or peanut butter
2 tablespoons cold water

Heat the oven to 350°F. Line two sheet pans with parchment paper.

Add the oats, brown sugar, and salt to a medium bowl. Use your hands to combine, rubbing the mixture between your palms to break up any sugar lumps, until everything is as combined as possible. Add the tahini or peanut butter and water, and use a spoon to stir until a sticky dough forms.

Scoop the dough in heaping tablespoons onto the sheet tray. You should get 16 cookies, so 8 on each sheet tray. Use your palm to gently smush each blob into a disc (about 2 inches in diameter).

Bake the cookies for about 12 minutes, rotating halfway through, until the edges just start to brown. The cookies will look almost underbaked, but they'll crisp as they cool. Remove the cookies from the oven, but leave them on the sheet pans for at least 10 minutes, or until they're sturdy enough to transfer with a spatula to a cooling rack. If you peek at their bottoms, they should be lightly golden-brown.

Cool completely before serving and store any leftovers in an airtight container. I love these with coffee.



FOODS TO BE ON THE LOOK-OUT FOR NEXT MONTH AT IFM:

Potatoes	Butternut Squash
Onions	Kiwis
Carrots	Mandarins
Winter Squash	Chicken
Spaghetti Squash	Peanut Butter