



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

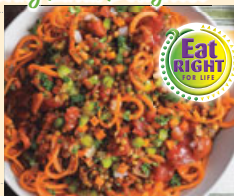
Squash Fast Food & Take Out

Nowadays, fast food isn't cheap, fast or healthy. Many take-out meals are high in calories, sodium and fat. Serve your family better options with fresh foods that are in-season. Winter squash (like acorn, butternut and spaghetti squash) are harvested starting in Autumn. Swap traditional pasta for spaghetti squash or other spiral veggie noodles as the base of these delicious recipes. It's a great way to add more nutrient-rich vegetables into a meal and reduce the carbohydrates.

Butternut Squash Spirals with Chunky Lentil Bolognese

Ingredients:

- 2 Tbsps. extra virgin olive oil
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 cup chopped yellow onion
- 1 garlic clove, minced
- 1/4 tsp. crushed red pepper flakes
- 2 tsps. tomato paste
- 1 can (14.5 ounces) diced tomatoes
- 3/4 tsp. Italian seasoning
- 2 cups low sodium vegetable broth
- 1/2 cup dry green lentils, rinsed
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 4 cups fresh butternut squash veggie spirals



Directions:

1. In large saucepot, heat 1 Tbsp. oil over medium-high heat. Add carrots, celery and onion; cook 5 minutes or until tender, stirring occasionally. Add garlic and red pepper flakes; cook 30 seconds, stirring frequently. Stir in tomato paste; cook 30 seconds. Add tomatoes with their juice and Italian seasoning; cook 2 minutes, stirring occasionally. Add broth and lentils, then heat to a boil. Reduce heat to medium-low; cover and cook for 35 minutes or until lentils are tender, stirring occasionally. Stir in 1/4 tsp. each salt and black pepper. Makes about 4 cups.
2. In a large skillet, heat remaining oil over medium-high heat. Add veggie spirals and cook 7 minutes or until slightly softened, stirring occasionally; stir in remaining 1/4 tsp. each salt and black pepper.
3. Serve spirals topped with lentil Bolognese.

Spaghetti Squash with Roasted Chicken & Sun Dried Tomatoes

Ingredients:

- 1 spaghetti squash (about 3-1/2 pounds)
- 1 jar (6.7 ounces) sun-dried tomatoes in olive oil
- 1 pint cherry tomatoes, halved
- 1/4 cup water
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 3 cups chopped roasted chicken



Directions:

1. With a fork, pierce spaghetti squash several times on each side to vent. On large microwave-safe plate, heat squash in microwave oven on high for 12 minutes or until squash feels slightly soft when squeezed, turning once. Cool for 10 minutes.
2. In blender, purée sun-dried tomatoes with oil, tomatoes, water, salt and pepper until smooth; transfer to large skillet. Cook tomato mixture over medium-high heat for 2 minutes; add chicken and cook 3 minutes or until heated through, stirring occasionally.
3. Cut squash lengthwise in half; remove seeds. With a fork, shred squash into spaghetti-like strands onto large microwave-safe plate. Heat squash in microwave oven on high 1 minute or until heated through. Serve squash topped with chicken mixture.