



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

Dietitian's Dish

"Squash" Diabetes and Cold & Flu Season

Butternut squash is a starchy vegetable, but it can fit into a carb-conscious diet.

Selection -

Pick a squash that is heavy for its size.

Storage - Store butternut squash in a cool, dark place for up to a month.

Once cut, refrigerate the unused portion.



A one-cup serving contains 100 calories and is a good source of fiber (16% DV). Its indigestible fiber may help prevent blood sugar spikes after a meal.

Butternut squash also contains a good source of potassium and magnesium. Low magnesium levels in people with diabetes may impair how well insulin controls blood sugar levels. Despite the carbohydrate content of butternut squash, there are many nutrients which will benefit individuals with diabetes and anyone who is trying to control blood sugar levels. Plus, the excellent sources of Vitamins A & C may help you stay healthier through the cold and flu season!

Fall Harvest Salad

Ingredients:

- 1 lb. butternut squash, peeled, cut into 1/2-inch cubes
- 1 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 (5 oz.) package salad greens
- 3 oz. feta cheese crumbles
- 1 Honeycrisp apple, diced
- 1/2 cup chopped pecans
- 1/4 cup dried cranberries
- 1/4 cup pepitas (shelled pumpkin seeds)

Apple Cider Vinaigrette

Ingredients:

- 2 Tbsps. apple cider vinegar
- 2 Tbsps. olive oil
- 1 Tbsp. maple syrup
- 1 Tbsp. Dijon mustard
- 1/4 tsp. salt

Directions:

1. Preheat oven to 400°F.
2. Toss butternut squash with oil, salt and pepper. Spread on baking sheet and bake 15-20 minutes, or until tender. Remove from oven and let cool slightly.
3. Add salad greens to large bowl. Top with butternut squash, cheese, apple, pecans, dried cranberries and pepitas.
4. Whisk apple cider vinegar, oil, maple syrup, mustard and salt in small bowl until well combined. Pour over salad and toss to combine.
5. **OPTIONAL:**
To make it a complete meal, top it with cooked chicken.



Recipe and image courtesy of Produce for Kids.