

Super Sweet Squash

What You'll Need

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|---|--------------------------------------|
| 1 large butternut squash, peeled, seeded and cut into cubes | Squash Topping |
| 1 egg, lightly beaten | 1/2 cup brown sugar |
| 2 egg whites, lightly beaten | 2 tablespoons soft tub margarine |
| 3 tablespoons 1% milk | 2 tablespoons unsweetened applesauce |
| 1 tablespoons lemon juice | 1/2 cup flour |
| 1 cup brown sugar | 1/2 cup chopped pecans |
| 2 tablespoons vanilla | |
| 1 teaspoon ground cinnamon | |
| 1/2 teaspoon ground nutmeg | |
| cooking spray | |

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Place squash in a 9x13 baking dish and add enough water to partially cover squash. Bake for 50 minutes, uncovered, until squash is soft.
- 3 Drain squash and mash with a hand mixer or a food processor.
- 4 Add margarine, egg, egg white, milk, lemon juice, brown sugar, vanilla, cinnamon and nutmeg to squash and mix together.
- 5 Spoon squash into an 8x8 baking dish that has been sprayed with cooking spray.
- 6 In a small bowl, mix topping ingredients together and sprinkle on top of squash.
- 7 Bake for 15 – 20 minutes, or until hot.

Nutrition Facts

Serving Size (207g)	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 52g	17%
Dietary Fiber 4g	16%
Sugars 33g	
Protein 4g	
Vitamin A 310%	Vitamin C 50%
Calcium 8%	Iron 10%

Healthy Shopping List

Shopping for healthy food doesn't have to be a difficult task if you keep a few things in mind before you go.

Know what you need

Having a list will limit distractions and the possibility of putting less healthy items in your cart. A list may even save you time. Consider:

- » What is your time frame? Are you buying food for the week? The weekend? The month?
- » Check your cabinets to see what you already have; don't stock more than you need.
- » Make a grocery list that includes healthy foods for breakfast, lunch, dinner, snacks and beverages.
- » Include on your list healthy foods that last. Brown rice, canned beans, canned vegetables and canned fish are good choices. Also, frozen fruit and vegetables are great to have on hand.

Stick to your plan

Once you know what you need, avoid making last-minute choices that may be less healthy. These tips will help you stay on track.

- » Plan your meals and snacks ahead of time so you aren't left with an empty refrigerator and a drawer full of take-out menus.
- » Avoid going to the store hungry. If you're hungry, you're more likely to be tempted to buy unhealthy foods.
- » Get to know your grocery store so you can find all the healthy items on your list, and limit wandering around the store. Then you won't be as tempted by less-healthy products.
- » Avoid buying food or beverages in bulk. Discounts and sales can be tempting, but having large quantities on hand can lead the whole family to eat and drink more than usual.
- » With a list that includes items from all food groups, your cart will be full of items that will keep your family nourished and healthy.

Healthy Shopping List

This is an example of a shopping list with some healthy foods for breakfast, lunch, dinner, snacks and beverages. Fill it out with the healthy foods you need when you go shopping.

Breakfast

oatmeal
eggs or egg substitute
whole wheat bagel
low-fat cream cheese

Lunch

tuna fish
low-fat cheese
whole wheat tortilla
carrots
peanut butter
turkey deli meat

Dinner

skinless chicken
brown rice
string beans
spinach
broccoli
frozen fish

Snacks

apples, oranges, banana
canned peaches in natural juice
low-fat popcorn
low-fat yogurt

Beverages

fat-free or low-fat milk
100% orange juice
Crystal Light[®]