

Nutrition News November 2019

Holiday Eating Tips

- Keep your appetizers light
- Come hungry, not starving
- Make sure your plate is colorful and full of veggies
- Keep starchy veggies to the size of an ice cream scoop
- Make a healthy dish you enjoy
- Try not to drink your calories



Fun Facts on Brussels Sprouts

Brussels Sprouts are named after the city of Brussels in Belgium. It is a form of cabbage, belonging to the mustard family. They are a good source of iron, Vit. B2, protein, magnesium, and numerous disease fighting phytochemicals.

If overcooked, Brussels sprouts produce a strong foul odor and become mushy in texture, which is why it is important to cook them correctly. They can be roasted or gently steamed and topped with parmesan cheese and butter, balsamic vinegar, apple cider vinegar, bacon, pistachios, pine nuts, brown sugar, and pepper for a delicious flavor!

What's In Season?

Apples, Avocados, Beets, Bok Choy, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celery, Cranberries, Kiwi, Leeks, Lemons, Limes, Mushrooms, Mango, Pears, Pomegranates, Pumpkins, Rutabagas, Sweet Onion, Sweet Potatoes, Turnips.

Butternut Squash with Roasted Brussels Sprouts, Pecans and Cranberries

Brussels Sprouts

3 c. Brussels Sprouts, trimmed

3T. Olive Oil

1/4 tsp Salt

Roasted Butternut Squash

1.5 Lbs. Butternut Squash peeled, cut in 1" cubes

2 Tbsp Olive Oil

3 Tbsp Maple Syrup

1/2 tsp Ground Cinnamon

Other Ingredients

2 C. Pecan Halves

1 C. Dried Cranberries

2-4 T. Maple Syrup



1. Preheat oven to 400°F. Lightly grease 2 foil lined baking sheets with 1 Tbs. of olive oil.
2. Slice Brussels Sprouts in half. In a bowl toss with 2 Tbsp of olive oil and 1/4 tsp of salt. Place on baking sheet cut side down and roast for 20-25 min. turning over half-way through.
3. Combine diced Butternut Squash with 1 Tbsp of olive oil, maple syrup, and cinnamon. Place single layer on a baking sheet and bake for 20-25 min. turning over half-way through (put in oven at the same time as the brussels sprouts).
4. Preheat oven to 350°F, line sheet with parchment paper and put the pecans in a single layer. Toast pecans for 5 min. until they get darker in color.
5. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

<https://juliasalbum.com/roasted-brussels-sprouts-cinnamon-buttternut-squash-pecans-and-cranberries/>



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgt.com



Name: _____

Date: _____

AN APPLE A DAY

Help this hungry worm
eat their way through
the apple for breakfast!

Finish



Name: _____

Date: _____

AN APPLE A DAY

Help this hungry worm eat their way through the apple for breakfast!

Finish

