

# FOOD BYTES

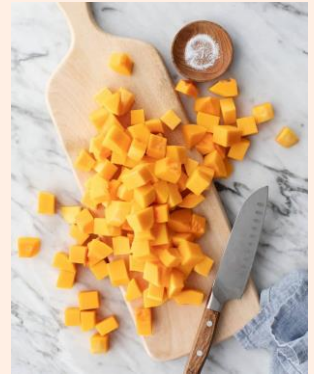
Hi there!

January  
2023

## Eat Plant Forward

Plant forward means focusing on more plant-based foods including fruits, vegetables, nuts and seeds, beans, legumes, and whole grains. It doesn't necessarily mean that you must fully give up animal protein sources, just consider having a larger fraction of plant-based food in your daily meal plan. Research has shown the many benefits of a plant forward diet including decreased risk of heart attack, stroke, high cholesterol, high blood pressure, Type 2 diabetes, obesity, and many types of cancer. Even small steps towards a more plant-based diet can be beneficial to your health.

- **Start Slow** - omit one meat-based meal or snack to start, and then gradually try to swap in more meat free meals and snacks
- **Explore plant proteins** – quinoa, lentils, beans, tofu, tempeh, edamame, and nuts are all great plant-based protein sources
- **Use less meat in meals** – swap out a portion of the meat in a recipe for more vegetables or a plant protein when possible
- **Experiment with new recipes** – get the whole family involved with choosing and prepping a plant-based meal. There are a lot of great ideas online.



January  
is  
National  
Soup Month

Butternut Squash is a winter squash that is low in calories and a good source of fiber. It's also an excellent source of Vitamin A and C.

## KITCHEN TIP

Store whole (Uncut/unpeeled) Butternut Squash in a cool, dry place rather than in the fridge. It can last up to 2 months this way. Once cut, Butternut Squash needs to be refrigerated in an air-tight container and can last up to 7 days.



## Recipe Butternut Squash Soup

Makes 6 Servings

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, & cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

### Instructions:

- Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
- Add the garlic, sage, rosemary, and ginger. Stir 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
- Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.