



The Dietitian's DISH

...for a
Healthy
Lifestyle



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SQUASH... Much More Than Seasonal Décor!

It's that time of year when squash start appearing everywhere. Many people feel intimidated, not knowing how to prepare them. While they're in season (and on sale), let's help you enjoy them!



Selection: Choose one that is heavy for its size.

Storage: Store uncut for up to a month in a cool, dark place. Once cut, refrigerate unused portions.

With fewer carbohydrates and calories, plus higher nutrients (like potassium which helps to lower blood pressure), butternut squash veggie spirals are a flavorful and nutritious substitute for traditional pasta. **Plus, they're naturally gluten free!**

Butternut Squash Spirals and Chicken Salad

Ingredients:

- 1 (12-oz.) package frozen or 2 cups fresh butternut squash spirals
- 8 oz. cooked chicken breast, diced
- 1/2 cup Honey Dijon dressing
- 3 oz. fresh baby spinach or spring mix
- Salt and black pepper to taste
- **Optional:** chopped pecans or sunflower seeds

Directions:

- If using frozen butternut squash spirals, cook according to the package directions, drain and keep warm. If using fresh spirals, cook in a preheated oven (400°F). Spread spirals onto an oiled baking sheet and drizzle with olive oil; then roast for 8-10 minutes.
- In a medium bowl, gently toss together the cooked butternut spirals, diced chicken breast, and dressing.
- Pour over the baby spinach and serve warm. Top with chopped pecans or sunflower seeds, if desired.

RECIPE VARIATION: Make this salad into a wrap! Simply roll in a flour tortilla, and serve with a cup of hot soup.

