



Squash and Orzo

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November 2018



Produce Spotlight: Winter Squash

Peak Season: August-November

Ripeness: when choosing squash, pick one that is full-sized. The outside rind should be hard and tough.

How to clean: rinse under cold water and scrub with a veggie brush.

How to prepare: in order to cut the squash, microwave in a microwave-safe dish for about 6 minutes or until soft. Let squash cool and cut into halves, scooping the seeds and pulp out. Peel off skin and cut squash into cubes.



SNAP-Ed Snapshot

The office of Integrated Student Supports celebrated National School Lunch Week from October 15-19. Since 1946, the National School Lunch Program provides healthy, free and reduced-priced lunches to students. The vast majority of schools – approximately 95 percent – participate in the program, providing meals to more than 30 million children.



Cooking Tip

Incorporate healthy vegetables into the foods you already cook or to your traditional Thanksgiving dishes! Finely shredded zucchini and carrots can be added to pancake or muffin mix and tuna salad. A frozen vegetable medley can be thrown in with canned soups and casseroles!