



## SNAP-Ed New York Has a New Look!

Visit [snapedny.org](http://snapedny.org) to get more information about recipes and tips for eating healthy for yourself and your family.

**E-mail: [bmr37@cornell.edu](mailto:bmr37@cornell.edu) to receive the SNAP-Ed E-news!**

### Welcome to SNAP-Ed!

SNAP-Ed is a FREE, confidential nutrition education program that helps families manage food resources during tough economic times. The Extension Nutrition Team of knowledgeable nutrition educators provide practical, hands-on activities and skills for healthy meal prep, as well as explore the importance of physical activity in a healthy lifestyle for the community members in the North Country.

The primary focus of our program is to promote food resource management skills, encourage healthy food and physical activity behaviors, weight management, increase consumption of nutrient dense foods, and develop skills to prepare low-cost, nutrient-dense recipes through food demonstrations.

## Holiday Roasted Butternut Squash

Source: [CookingMatters.org](http://CookingMatters.org) recipe/ Holiday Roasted Butternut Squash



### Directions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

### Ingredients

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ Tablespoons maple syrup

### Nutrition Information

Serving Size ¾ cup

Calories 180, Total fat 10g, Saturated fat 1.5g, Cholesterol 5mg, Sodium 105mg, Total carbohydrate 23g, Dietary fiber 5g, Total sugars 11g, Protein 2g

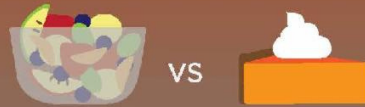


United States Department of Agriculture

**MyPlate Holiday makeover**

visit [choosemyplate.gov](http://choosemyplate.gov) for healthier options during the holidays

### tweak the sweets



fruits make delicious desserts

### cheers to good health



drink water to manage calories

### bake healthier



use recipes with pureed fruits instead of butter or oil

### spice it up



use spices and herbs instead of sugar and salt

### brighten your meal



fill half your plate with fruits and vegetables

### skim the fat



try skim evaporated milk instead of heavy cream

### swap the grains



choose whole wheat flour instead of white flour

### go easy on the gravy



a little bit of gravy goes a long way

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