

Dr. Eder's Healthy TidBit

ACRON Squash

Are you feeling a little under the weather? Has the cold months gotten you blue? Acorn Squash supplies valuable nutrients and minerals into the diet. It is very high in Vitamin A. Additionally, it provides, Vitamin C, Potassium, dietary fiber, manganese, folate, Vitamin B complex, omega 3 fatty acids, copper and tryptophan.

Acorn squash is a type of winter squash that was named for its acorn-shape. Acorn squash come in a variety of colors including: yellow, dark green, tan, and orange.

How to Select: Select acorn squash that are dull and heavy for their size. Avoid squash with soft spots or cracks.

How to Store: Store acorn squash in a cool, dry area away from extreme temperatures and sunlight. Acorn squash can stay fresh for to 3 months.

Nutritional Benefits: Fat free, saturated fat free, cholesterol free, sodium free and a good source of vitamin C.

Easy Recipe

- 1 large or 2 medium acorn squash
 - 1 whole onion
 - 1 Pacific Foods Vegetable Broth, Organic, 32 ozs. (any 32 oz will work but I like this one best)
 - Season Salt and Black pepper
1. Slice onion in to strips and sautéed in sauce pan with olive oil until translucent
 2. Add vegetable broth and simmer until step 6
 3. Cut Acorn squash into slices about ¾ inch slices
 4. Roast at 400 degrees about 15 min or until fork tender, (I lay them on a cookie sheet and add about ½ inch of water so they can steam) Season with season salt and black pepper
 5. Scoop out meat of squash from rime and place in a blender.
 6. Blend together vegetable broth mixture and squash. Place mixture back into sauce pan season with season salt and pepper to taste.
 7. Enjoy with croutons and someone you love!



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Staying healthy depends on maintaining regular exercise, good sleep, regular chiropractic care and eating good food

Call today to schedule your appointment with Dr. Eder at Hartwell Chiropractic and Wellness

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