

December Produce Guide

Winter weather brings seasonal produce like:

- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Greens
- Mushrooms
- Radishes
- Winter squash

The recipe below features winter squash. Here are health facts and tips for storing, selecting, and preparing winter squash:

- There are many types of winter squash - delicata, acorn, butternut, kabocha, and pumpkins!
- Winter squash is high in insoluble fiber, which helps to control blood sugar.
- Use the tap test when choosing a squash. If the squash sounds hollow, it is ripe. If it sounds muffled, it may be rotten.
- If you have an unripe squash, leave it in a sunny spot for a few days. When it ripens, store your squash in a cool, dark, dry place. The squash will stay good for a few months.
- Save the seeds! Squash seeds can be roasted in the oven for an easy, healthy snack.



Winter Squash with Black Beans

Recipe adapted from choosemyplate.gov

Serves 6

Ingredients:

- 2 $\frac{3}{4}$ winter squash, cubed (about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- $\frac{1}{2}$ teaspoon oregano

Instructions:

- Heat the squash in the microwave on high heat for 1-2 minutes to soften the skin.
- Carefully peel the squash with a vegetable peeler or small knife.
- Cut the squash into $\frac{1}{2}$ inch cubes.
- Peel and chop the onion.
- In a large pan, heat the oil. Add the onion, garlic powder, and squash.
- Cook for 5 minutes on medium heat.
- Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
- Add the beans and oregano. Cook until the beans are heated through.