

# Nutrition Bites



## Orange Vegetables Offer Protection

Antioxidants are compounds that may prevent or delay cell damage, and orange vegetables are rich in carotenoids, which are antioxidants that have been studied for their ability to prevent chronic disease.

According to the American Institute for Cancer Research, foods high in carotenoids protect against cancers of the mouth, pharynx, larynx and lung. Two reviews of their research that looked at blood levels now point to the possibility that carrots, winter squashes, sweet potatoes, tomatoes and the many other colorful fruits and vegetables high in carotenoids may also reduce women's risk of breast cancer.

## Featured Vegetable

---

### Winter Squash

- ✓ Anti-inflammatory
- ✓ Boosts cardiovascular health
- ✓ Anti-diabetic and insulin-regulating properties
- ✓ Anti-cancer properties (phytochemicals)
- ✓ Promotes wound repair (Vitamin C)
- ✓ Neutralizes free radicals (manganese)
- ✓ Improves night vision (Vitamin A)
- ✓ High in fiber



## This Week's Recipe

---

### Stuffed Delicata Squash

Makes 6 servings

- 3 delicata squashes
- 3 teaspoons olive oil
- 2 bunches chard
- 1/4 cup diced onion
- 1 teaspoon garlic clove, minced
- 1/2 lb mushrooms coarsely chopped
- 2 cups cooked brown rice
- 2 teaspoons sea salt
- 1/2 teaspoon finely ground pepper
- 3 Tbs grated Parmesan
- 1/2 cup finely chopped flat-leaf parsley

- 1 Preheat oven to 350. Cut squash in half; scoop out seeds. Drizzle with olive oil and sprinkle with salt and pepper. Place face down on parchment paper lined sheet pans, and bake for 20-25 minutes, until squash is tender
- 2 Stem, blanch, squeeze and finely chop chard.
- 3 On medium low heat in a Saute pan, heat oil. Saute the onions until soft. Add mushrooms and saute until mushrooms release their liquid and liquid evaporates, about 10 minutes.
- 4 Combine rice, chard, mushrooms, and salt & Pepper and spoon into squash cavities,
- 5 Garnish with Parmesan and parsley.

Good source of vitamins A, C, B2, B3, and Folate. Notable minerals: Zinc, Iron, Magnesium, Phosphorous  
Nutritional Info per serving: 183 cal | Protein 6.3 g | Fat 3.8 g | Carbs 32.7 g | Sugar 7.2 g | Fiber 4.3 g  
Recipe Source: Holidays on the Net <http://www.holidays.net/christmas/recipes.html>