

Nutrition Education

Carrots and winter squash are both good sources of beta carotene, a provitamin the body converts into vitamin A. Beta carotene helps to prevent cell damage in the body and boosts the immune system.

Baked Squash

Vegetable Cooking Spray
1 Acorn Squash
Pinch of Salt
2 Tablespoons Butter

3 Tablespoons Brown Sugar
1 Teaspoon Cinnamon
¼ Teaspoon Nutmeg
¼ Teaspoon Ginger

1. Preheat oven to 400. Cover baking sheet with foil and coat foil with vegetable cooking spray.
2. Wash squash and cut in half lengthwise. Remove seeds and cut into ½” slices.
3. Place squash on baking sheet. Sprinkle with salt.
4. Melt butter. Add brown sugar, cinnamon, nutmeg, and ginger.
5. Spread butter mixture on squash.
6. Bake 20-25 minutes, or until tender.

Makes: 4-5 servings



Carrot Spice Muffins

Vegetable Cooking Spray
2 Large Carrots (1 ½ cups grated)
2 Eggs
½ Cup Applesauce
2/3 Cup Sugar
1 Teaspoon Vanilla

2 Tablespoons Vegetable Oil
1 Cup Whole Wheat Flour
1 Teaspoon Baking Soda
½ Teaspoon Salt
2 t. Cinnamon
½ Cup Raisins

1. Preheat oven to 350. Coat 12 muffin cups with vegetable cooking spray.
2. Peel and grate carrots.
3. In large bowl, combine eggs, applesauce, sugar, vanilla, and oil; mix until well blended.
4. In another bowl, combine flour, baking soda, salt, and cinnamon.
5. Slowly stir the dry ingredients into the applesauce mixture just until blended.
6. Stir in carrots and raisins.
7. Divide batter among muffin cups, filling each about half full.
8. Bake 25 minutes, or until lightly browned.
9. Let cool 5 minutes. Remove muffins from muffin cups and cool completely.

Makes: 12 muffins

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