



Nutrition Tidbits

- **Most squash, including the butternut squash used in this recipe, are a good source of Vitamin A (healthy eyes, healthy growth) and dietary fiber (healthy guts)**
- **Squash seeds are edible and a good source of Vitamin A and magnesium (healthy muscles and nerves). Seeds must be cleaned, seasoned and roasted for best flavor**
- **Onions are a good source of dietary fibers, particularly the prebiotic fiber inulin**



Kitchen Hacks

- **When slicing or mincing garlic, allow it to rest for at least 10 minutes before adding to heat. This will allow you to preserve the antibacterial properties of the vegetable.**
- **Keep a bowl or bucket for waste by where you are cooking for easy disposal.**
- **Cut flat surfaces into a vegetable with rounded edges (e.g. squash, onion) before cutting the rest of the vegetable**
- **Keep a few pieces of cut vegetables on your cutting board as a guide to make consistent knife cuts**



Juicy Chef Words

- **Antioxidant**: compounds in foods that support our body in reducing inflammation (our body's response to injury)
- **Microbiome**: the collection of bacteria that live in our digestive tracts, which can influence our overall health positively or negatively depending on their surroundings and what we eat
- **Prebiotic**: refers to food ingredients that can not be digested by our bodies, but can provide nourishment for our microbiome
- **Simmer**: to cook in liquid that is heated until small bubbles form throughout the mixture and rise to the surface and break at the top
- **Aromatics**: vegetables and herbs that add both flavor and aroma to a dish



Kitchen Pharmacy.

- **Alliums: vegetables in this family, particularly onions and garlic, contain antibacterial and antiviral properties**
 - **Garlic's health benefits in particular come from allicin**
- **Thyme: has antibacterial and antiseptic properties, can support reducing inflammation**
- **Apple: has Vitamin C (supports immune health, wound healing, iron absorption)**
 - **Apple skins will have the majority of the apple's dietary fiber and phytonutrients**



Thanks for tuning into A Bite Of Wellness!

Today's episode is focused on preparing a vegetable for all seasons: squash. We hope you enjoy the following demonstration of one of the newest recipes we are featuring in schools, Butternut Squash Soup.

Be prepared to take a picture or a screenshot of the recipe at the end of the episode!