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.

**Nutrition Tidbits**

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- 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.
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.
• **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 cannot 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.
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!