

# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



## Spaghetti Squash Casserole

HELPFUL HINT:  
PURCHASE EXTRA GROUND MEAT  
WHEN ON SALE AND FREEZE IN 1-2 LB  
PACKAGES UNTIL READY TO USE!

### Ingredients:

- 1 Spaghetti squash**
- 2 Tbsp olive oil**
- 1 lb. ground beef**  
(or ground turkey)
- 1 medium onion, diced**
- 2 tsp garlic powder**
- 1 (15 oz.) can diced**  
**tomatoes**
- 1 cup pasta or marinara**  
**sauce**
- 1 tsp Italian seasoning**
- 1½ cups shredded**  
**mozzarella cheese**

### Directions:

1. Preheat oven to 400°F.
2. Cut spaghetti squash in half lengthwise. Scoop seeds out with spoon and discard.
3. Cover the seedless squash flesh with olive oil and place cut side down on baking sheet. Bake for 40 minutes or until squash flesh is tender.
4. Adjust oven to 375°F and remove squash.
5. Use a fork to remove spaghetti squash strands from the squash. Place strands in bowl and set aside.
6. Cook ground meat, onion and garlic in skillet, over medium heat, until no pink remains. Drain the fat.
7. Add diced tomatoes, pasta sauce, and Italian seasoning to ground beef. Simmer over medium heat for 5 minutes.
8. Stir meat mixture and squash together. Pour into baking dish and top with shredded cheese. Bake for 20 minutes or until golden and bubbly.

# Eat what's in season... *Winter Squash*

Winter squash varieties include Acorn, Butternut, Spaghetti, Delicata, Buttercup, Carnival, Hubbard, and pumpkin. These squash can be small with dark green coloring, pear-shaped with cream colored rinds, or large with vibrant orange and yellow skin. Winter squash is great roasted, steamed, baked, and can even be cooked in the microwave!

## **Selection:**

Select winter squash that are heavy for their size and have a firm outer shell. Avoid squash that have black, shriveled, or moist stems. Stems should have more of a dry, cork like texture. If the squash is green in color, look for an orange spot where it rested on the ground. Butternut squash should be tan with no green streaks.

## **Storage:**

The tough outer shells of winter squash give them longer storage life. Unwashed, whole squash can be stored 3-6 months if kept in a cool, dry place that is out of sun light.

## *Try this!*

Seeds of winter squash can be roasted for a snack, salad or soup toppings. Separate seeds from the pulp and lay them in a single layer on a baking sheet. Sprinkle with seasoning of your choice and bake at 170°F for 15-20 minutes, or until tender.

## Onion Soup Burgers

### **Ingredients:**

- ¼ cup mayonnaise**
- 2 lbs. ground beef**
- ¼ cup bread crumbs**
- 1 envelope of Onion Soup Mix**

### Directions:

1. Mix all ingredients in large bowl and patty into 6 even burgers
2. Place on grill and heat until burgers reach an internal temperature of 160°F.



## Sides & Alternate Uses:

Below are additional recipes using winter squash and an idea to incorporate foods that provide Manganese into a side dish. Nutrient highlighted on page 4!

### Microwave Spaghetti Squash

Pierce spaghetti squash with a fork about 12 times trying to evenly distribute over all surface area. Microwave whole squash on high for three minutes. Remove and slice in half lengthwise. Use spoon to remove seeds and pulp.

Place ¼ cup water into bottom of casserole dish and place squash, cut side down, in the water. Cover tightly with plastic wrap and microwave for 7-10 minutes. You should be able to easily pierce skin with a fork when it's done. Remove from plastic and use fork to scrape into spaghetti strands.

### Microwave Acorn Squash

Cut squash in half, lengthwise, and scoop out seeds. Lay cut side down on a piece of microwave safe plastic wrap placed directly on microwave plate or bottom.

Cook on high in five minute intervals until completely softened and cooked through, approx. 5-10 minutes.

### Slow Cooker Squash Soup

#### Ingredients:

- 1 butternut squash, peeled and cut into 2 inch chunks (about 6 cups)
- 1 small bunch of collard greens or kale, cut into roughly 1 inch pieces
- 1 large onion, cut into 1 inch pieces
- 1 (14 oz.) can coconut milk
- ¾ cup water
- 1 Tbsp low sodium soy sauce
- ½ tsp black pepper
- 1 tsp chili flakes (optional)

Toss squash, greens, and onions together in slow cooker. Whisk coconut milk, water, soy sauce, and seasonings together in a bowl. Pour milk mixture over vegetables in slow cooker. Cover and cook on low for 4 hours or until squash pieces are tender. Stir occasionally. Serve warm!

**MAKE THIS GRAIN & LEGUME SALAD AS A HOT OR COLD SIDE DISH TO EAT ALONG SIDE YOUR BURGER FROM PAGE 2.**



### Vegetable Grain Salad

#### Ingredients:

- ¾ cup edamame beans
- 1½ cups cooked quinoa
- 1 cup tomatoes, sliced
- 1 cup cucumbers, diced
- 1 scallion, diced
- ¼ cup olive oil
- 2 Tbsp lemon juice

Pinch of pepper to taste

#### Optional Additions:

- ½ cup nut slivers of choice
- ¼ cup olives, chopped
- ¼ cup feta cheese

Mix quinoa, beans, cucumbers, tomatoes, scallion, and optional ingredients. Combine olive oil, lemon juice, and pepper together in small bowl. Pour dressing over grain and vegetable mix and stir gently until well combined.

## Selection, Handling, & Storage

**Collard greens** are available to purchase fresh, frozen or canned. Kale can be found fresh and frozen. If purchasing fresh, choose bunches with dark green leaves with no yellowing or brown leaves. Avoid bunches with torn leaves. Greens should be stored in a plastic bag for up to 5 days in the refrigerator. Gently rub green leaves between your fingers under cool running water to clean prior to use. Greens can be steamed, microwaved, sautéed, or added raw into smoothies, salads, and soups.

### Scallions & Green Onions

Just like with large onions, choose bulbs that are firm, dry and without blemishes, cuts, or bruises.

These onions should be placed in a plastic bag with a damp paper towel and stored in the refrigerator for about one week. Do not use leaves if they have turned yellow or shriveled.

To prepare- remove any wilted outer layers. Use knife to cut off root end of onions and top inch off of green ends. Line onions up side by side and chop in desired size.

*Did you know?*

Collard greens and Kale are both members of the cabbage family.

# Nutrient Profile: Manganese

Manganese is an ultratrace mineral important for making connective and skeletal tissues, growth, and reproduction. It also works with magnesium in our bodies to activate enzyme processes and is essential for proper metabolism of proteins, amino acids (building blocks of protein), and fats. Manganese is absorbed throughout the small intestine and deficiency of this mineral is rare.



**Food Sources: whole grains, clams, oysters, mussels, nuts, soybeans, lima beans, other legumes, rice, leafy vegetables, coffee, tea, black pepper and other spices**

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