

Dark Yellow Vegetables

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Introduction: Dark Yellow Vegetables as Part of 5 a Day

When Halloween rolls around, many people think of pumpkins. Thanksgiving brings to mind turkey. For some, it also means pumpkin pie.

Pumpkin is a dark yellow vegetable that we associate with traditional fall holidays. They are often the only times we eat it. Most people eat few other yellow vegetables except for carrots.

Yet dark yellow vegetables can add variety and excellent flavor to meals. Carrots, sweet potatoes, and winter squash (including pumpkin) are all dark yellow vegetables. The winter squashes have a hard shell but are easy to prepare with a little advance planning. In addition, canned pumpkin is available in the fall. Buying canned squash reduces your preparation time. This makes it easier to use on short notice. Include these vegetables in your 5 a Day.

Carrots are many people's favorite vegetable. Even children love them. You may be tired of eating them prepared the same old way. In this lesson we show you a carrot snack recipe that will appeal to most children. Using the recipes in this lesson will help you get two to three servings of the five servings of vegetables and fruit you need each day.

You will learn some new ways to prepare other yellow vegetables in this lesson. In addition, you will learn about the role of dark yellow vegetables in cancer prevention and about factors other than food that affect your risk of developing cancer. You can also look at your lifestyle to see if it is helping you reduce your risk of cancer.

Objectives

Complete this lesson and you will be able to:

- explain why eating deep yellow vegetables may lower your risk of developing common cancers.
- name the tissue in which most cancers occur.
- list other risk factors for cancer besides foods eaten.
- name personal habits that reduce your risk of cancer.



Recipe Notes

Conventional oven and microwave oven instructions are included with many of the recipes. Cooking in a microwave oven retains more nutrients than do other cooking methods. This is especially true of vegetable cookery.

For recipes in these lessons that call for butter or margarine, we have used margarine for determining the nutrient content. If you use butter instead, the recipes will contain some cholesterol that may not appear in the nutrient list.

Diet and Cancer: Vitamin A

Dark yellow vegetables, like carrots and squash, contain phytochemicals called carotenoids. Your body changes some of these carotenoids in the dark yellow vegetables you eat into vitamin A.

Beta-carotene is the carotenoid that is most easily changed to vitamin A by your body. Vitamin A is important for good vision, especially night vision. A severe lack of vitamin A can lead to blindness. Vitamin A also plays a major role in maintaining healthy tissue in your body. The dark yellow vegetables discussed in this lesson are *rich sources* of vitamin A because they contain a lot of beta-carotene.

Some yellow vegetables, like corn, contain little beta-carotene. Squash, pumpkin, carrots, and sweet potatoes are your best sources of beta-carotene.

Dark yellow vegetables are important in preventing cancer. To understand why, let's review one of the main points of Lesson 2. Remember that for cancer to develop, two steps are required:

- **Initiation**—changes a normal cell to a cancer cell.
- **Promotion**—encourages a cancer cell to outgrow normal cells.

Groups of similar cells are called tissues. There are four types of tissue in your body. Only one type contains cells that grow over your entire life. This type of tissue is called epithelial tissue. *Ninety percent of all human cancers occur in epithelial tissue.*

Epithelial tissues cover your body surface, line body openings, and form parts of some of the major organs. Epithelial tissue forms:

- skin,
- linings of the mouth, throat, stomach, and intestines,
- linings of the tubes in the kidney and bladder,
- linings of the lungs,
- linings of the ducts in the breast,
- parts of the male and female reproductive organs.

For men, the most commonly occurring cancers are *lung, prostate, colon/rectal, and bladder*. For women, the most commonly occurring cancers are *breast, lung, colon/rectal, and uterine*.

These are all cancers of epithelial tissue. Cells in epithelial tissues are always growing. They can be affected by cancer because growth is necessary for cancer to develop.

- *Vitamin A is necessary for maintaining healthy epithelial tissue.*

A lack of vitamin A can lead to changes in tissue that are similar to changes seen in the early stages of cancer.

People who frequently eat vegetables that are rich sources of carotenoids appear to have a lower risk of developing common cancers of epithelial tissues, such as cancer of the:

- lung
- mouth
- throat
- cervix

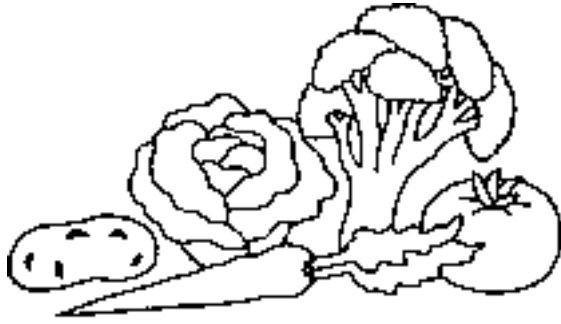
This protective effect is especially strong for lung cancer and has only been seen with *foods* that are rich sources of beta-carotene. Something else in these foods besides the carotenoids may play a role in preventing cancer as well. Therefore, eating vegetables rather than taking vitamin supplements is the best health protection.

Vitamin A supplements may not be effective and may be dangerous as well. Vitamin A pills do not seem to provide the protection against cancer that carotenoids do. Vitamin A is also found in liver, milk, and butter. Vitamin A from these foods and from supplements is absorbed very efficiently and stored in your liver. A large amount of vitamin A in your liver can become toxic. Toxicity in adults is seen when daily intakes of vitamin A are 10 times more than the recommended amount.

The carotenoids from vegetables are absorbed less efficiently in the liver than the vitamin A from supplements. Carotenoids are stored in your fat tissue and are converted to vitamin A only as your body needs it. Vegetables, then, are carotenoid sources that do not lead to toxic levels of vitamin A.



Include deep yellow vegetables in your five servings of fruits and vegetables *two to three times a week*.



Other Factors Affecting Cancer Risk

Some food ingredients may increase our risk of developing certain cancers. One example is fat. Other food ingredients, such as carotenoids, may decrease our risk.

Food is only one of many environmental factors that can affect the risk of cancer. Environmental factors are *outside* your body: you take them in or come in contact with them. Factors *inside* your body are called genetic factors. You inherit them from your parents. Genetic factors can affect your sensitivity to environmental factors.

Here are some examples of other environmental factors that appear to play a role in cancer development:

- exposure to ultraviolet light; some chemicals like benzene and asbestos; natural hazards like uranium dust; x-rays
- lifestyle practices such as smoking, sexual activity, and alcohol use
- a woman's age at the birth of her first child

Clearly, many external factors can be involved. For instance, changing your diet will not necessarily lower your risk of lung cancer if you also smoke. A good diet may not be able to counteract all the other factors that cause cancer. However, it can help you "stack the deck" in your favor. The sooner in life you "stack the deck," the greater your chances of being healthy and active later in life.

What Is Your Risk?

Read and complete the Worksheet in this lesson. It will help you see what else you can do to lower your risk of developing cancer. The Cancer Risk Assessment looks at the history of cancer in your family and at your lifestyle.

Completing this assessment can show you how to help yourself and your loved ones take steps to reduce the risk of cancer. Save this worksheet for use in Lesson 5.

Eat Five and thanks for completing this lesson!

Worksheet

CANCER RISK ASSESSMENT

Read each question and fill in your answer. The score for each answer is given in parentheses next to the response. Place the score for each answer in the blank on the right. Read the instruction on scoring when you reach the end.

Family History (Genetic Factors)

Score

1. Have any of your blood relatives had cancer? Count any first or second cousins. A blood relative is someone related to you by family blood lines. Your mother's brother is a blood relative. His wife (unless she is his cousin) is not.
 Yes (2) No (0) Don't know (1)
If you or don't know, go to question 3.

2. If yes, list below their names and relationship to you (for example, Lucy, sister). Include any sisters, brothers, parents, aunts, uncles, and grandparents. If you need more space, use the back of this sheet. Count 1 point for each blood relative who has or has had cancer. Enter the score for each line to the right.

Environmental Factors

Smoking

3. Do you smoke cigarettes now?
 Yes (4) No (0)

4. Have you smoked cigarettes in the past?
 Yes (1) No (0)

5. Do you smoke a pipe or cigars or chew tobacco now?
 Yes (1) No (0)

6. Have you ever smoked a pipe or cigars or chewed tobacco?
 Yes (1) No (0)

7. Do you live with someone who smokes?
 Yes (2) No (0)

Cigarette smoking increases your risk of getting lung cancer. So does breathing someone else's cigarette smoke. Smoking pipes or cigars or chewing tobacco increases your risk for mouth and throat cancers.

X-Rays

8. Have you had more than two sets of dental x-rays or more than three routine medical x-rays per year at any time in your life?
 Yes (2) No (0) Don't know (0)

X-rays are necessary in some cases to diagnose medical or dental problems. But excessive numbers of x-rays contribute to cancer development. So be cautious. Seek second opinions if you disagree with your doctor.

Worksite Safety

9. Does your job require that you handle industrial chemicals such as benzene and toluene?
 Yes (1) No (0)
If no, go to question 11.

10. If yes, do you wear adequate body, hand, and eye protection when you handle these chemicals?
 Yes (0) No (3)

11. Does your job require that you work with radiation sources?
 Yes (2) No (0)
If no, go to question 12.

12. If yes, do you wear adequate body and hand protection when you handle these radiation sources?
 Yes (0) No (4)

Radiation sources and some industrial chemicals do cause cancer. Be safety conscious if you work with them.

Sunlight

13. Do you burn easily when exposed to the sun?
 Yes (1) No (0)

over

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Information Sheet

SOME COMMON QUESTIONS AND THEIR ANSWERS

- retinoids and cancer
- vitamin E and cancer
- barbecuing and cancer
- food additives and cancer

1. What are retinoids and do they protect against cancer?

Retinoids are a group of chemicals similar to vitamin A. Vitamin A is a natural retinoid. It is found in fish oils, whole milk, liver, butter, and eggs. Other synthetic retinoids have been made by scientists in laboratories. Scientists have found that some synthetic retinoids can prevent or reduce cancers in animals. Studies are under way to examine the effects of synthetic retinoids on certain conditions existing in humans before cancer develops.

2. Does vitamin E have any protective effect against cancer?

Vitamin E in the foods we eat does not seem to affect the overall risk of cancer. However, people with a low level of both vitamin E and selenium in the blood may have a higher risk for some cancers. This may be true for lung and breast cancer. Studies in which vitamin E is used to prevent certain cancers in animals have not produced consistent results. Vitamin E is an antioxidant. Antioxidants are important in slowing the *promotion* steps in cancer development. Therefore, scientists need to continue to study vitamin E's role in cancer prevention.

3. Does barbecuing produce cancer-causing chemicals?

A chemical called benzopyrene can form when wood or charcoal burns. Benzopyrene is a carcinogen in animals. Meat that is barbecued, grilled, or charcoal broiled may get small amounts of benzopyrene on it from the smoke and flames produced by burning wood or charcoal.

A recent scientific report stated that the amount of benzopyrene formed is probably too small to pose much risk for humans.

Do not barbecue if you want to avoid any possibility of getting benzopyrene on your food. If you want to barbecue, you can minimize your exposure to benzopyrene. You can do this by limiting your food's exposure to smoke and flames. Follow these guidelines:

- Use foil or a pan to protect food from smoke and flames.
- Cook meat as far away from the coals as possible.
- Remove and discard the skin from chicken or fish after cooking. Any benzopyrene that forms will form mostly on the surface.
- Choose lean meats rather than high-fat meats. (See the Fact Sheet in this lesson for a list of lean meats.) Do not baste meats with oil or other fat. Trim fat before cooking.
- Cook foods slowly at cooler temperatures. Do this by sprinkling water on hot coals or by lowering the temperature.
- Broil foods first. Put them under (not over) the flame in an oven. This will reduce the cooking time on the grill. Then grill the food briefly to give it the cookout flavor.

4. Can food additives cause cancer?

Additives are put in foods to increase the flavor, color, texture, storage life, nutritional value, or any combination of these. The vitamins added to dry cereals and the preservatives added to baked goods are examples of food additives.

The Food and Drug Administration (FDA) requires manufacturers of additives to test their additives to see if they may cause cancer. Additives known to be dangerous are removed from the food supply. So far, there is no evidence that the use of food additives in the United States has contributed to the overall risk of cancer. Although additive use has increased a lot in the last 20 years, the amounts that people actually consume are quite small. The long-term effects of consuming small amounts of additives are unknown. However, most scientists consider the risk to be minimal.

Read the ingredient list of the food you buy if you want to keep track of your intake of food additives. Choose foods accordingly. Coloring agents such as red and yellow dyes made from petroleum products are widely used in foods today. Experiments in animals indicate that exposure to individual food dyes is not likely to increase the risk of cancer. However, yellow dye no. 5 causes allergic reactions in some people. Other additives like vitamins do not pose any danger to the consumer.

Worksheet

CANCER RISK ASSESSMENT

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Family History (Genetic Factors)

Score

1. Have any of your blood relatives had cancer? Count any past or present cases. A blood relative is someone related to you by family blood lines. Your mother's brother is a blood relative. His wife (unless she is his cousin) is not.

Yes (2) No (0) Don't know (1) _____

If no or don't know, go to question 3.

2. If yes, list below their names and relationship to you (for example, Lucy, sister). Include any sisters, brothers, parents, aunts, uncles, and grandparents. If you need more space, use the back of this sheet. Count 1 point for each blood relative who has or has had cancer. Enter the score for each line to the right.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Genetic Total Score _____

Add up your score and enter total above. The higher your score for this section, the greater your chances of developing cancer. *This doesn't mean you will get cancer.* It suggests you need to be careful about your exposure to other environmental factors that could cause the disease.

Environmental Factors

Score

Smoking

3. Do you smoke cigarettes now?

Yes (4) No (0) _____

4. Have you smoked cigarettes in the past?

Yes (1) No (0) _____

5. Do you smoke a pipe or cigars or chew tobacco now?

Yes (4) No (0) _____

6. Have you ever smoked a pipe or cigars or chewed tobacco?

Yes (1) No (0) _____

7. Do you live with someone who smokes?

Yes (2) No (0) _____

Cigarette smoking increases your risk of getting lung cancer. So does breathing someone else's cigarette smoke. Smoking pipes or cigars or chewing tobacco increases your risk for mouth and throat cancers.

X-Rays

8. Have you had more than two sets of dental x-rays or more than three routine medical x-rays per year at any time in your life?

Yes (2) No (0) Don't know (0) _____

X-rays are necessary in some cases to diagnosis medical or dental problems. But excessive numbers of x-rays contribute to cancer development. So be cautious. Seek second opinions if you disagree with your doctor.

Worksite Safety

9. Does your job require that you handle industrial chemicals such as benzene and toluene?

Yes (1) No (0) _____

If no, go to question 11.

10. If yes, do you wear adequate body, hand, and eye protection when you handle these chemicals?

Yes (0) No (3) _____

11. Does your job require that you work with radiation sources?

Yes (2) No (0) _____

If no, go to question 13.

12. If yes, do you wear adequate body and hand protection when you handle these radiation sources?

Yes (0) No (4) _____

Radiation sources and some industrial chemicals do cause cancer. Be safety conscious if you work with them.

Sunlight

13. Do you burn easily when exposed to the sun?
 Yes (1) No (0) _____

*If no and you are female, go to question 15.
 If no and you are male, go to question 18.*

14. If yes, do you spend more than an hour in the sun with your legs, back, and arms exposed without sun-screen?
 Yes (3) No (0) _____

The ultraviolet (UV) irradiation in sunlight is particularly dangerous for fair-haired, fair-skinned people. It can cause skin cancers. Most skin cancers are easily treated. However, one called melanoma is extremely dangerous unless diagnosed early.

Personal Habits

If you are a woman, please answer the following:

15. Do you do a breast self-examination each month?
 Yes (0) No (4) Not applicable (0) _____

16. Do you receive a yearly pap test?
 Yes (0) No (4) Not applicable (0) _____

17. Are you on an estrogen replacement therapy?
 Yes (1) No (0) _____

If you are a man, please answer the following:

18. Do you do a monthly testicular examination?
 Yes (0) No (2) _____

Breast cancer can be cured if detected early enough. Estrogen replacement therapy for menopausal symptoms should be approached with caution. Estrogen use has been associated with cancer of the endometrium. A yearly pap test is your best safeguard against cervical cancer. Testicular cancer can be treated effectively if discovered in its early stages.

If you are over 50 years old, please answer this question:

19. Do you have an annual digital rectal or stool occult blood test done by your physician?
 Yes (0) No (2) _____

These tests detect rectal and colon cancer, which is curable when detected early.

Environmental Total Score _____

Add up your score and enter the total above. The higher your total score, the greater your risk of developing cancer. You should consider changing some of your personal habits if you scored 4 or more points.

Steps I Can Take to Reduce My Risk

Choose any of the following cancer causes that apply to you. List one step you could take to decrease your risk of developing cancer. For example, for smoking: I will cut out half the cigarettes I usually smoke. After I succeed at that, I will . . .

- 1. Smoking _____
- 2. X-rays _____
- 3. Worksite safety _____
- 4. Sunlight _____
- 5. Personal habits _____

Thanks for completing this worksheet! Save it for use in Lesson 5.

Fact Sheet

CUT THE FAT WHILE SHOPPING AND EATING

Leaner Shopping

- Instead of mayonnaise, buy flavored mustards or low-fat salad dressings for sandwich spreads. Buy jelly for toast instead of margarine or butter.
- Buy low-fat yogurt and make your own salad dressings by adding boxed seasoning packages or fresh herbs and garlic. Or buy low-fat or fat-free salad dressings.
- Buy fish canned in water instead of oil.

Beef	Pork	Veal
Top round	Whole leg	Cutlet
Bottom round	Leg, rump half	Arm steak
Eye of round	Loin, center	Blade steak
Tip	Loin roast or chop	Sirloin chop
Tenderloin	Canadian bacon	Loin chop
Sirloin	Boneless ham, 5-11% fat	Rib roast

- Buy these leaner cuts of meat:
- Buy soft tub margarine instead of stick margarine.
- Buy lower-fat milk products. Switch to 1%, then skim milk. Buy low-fat yogurts and low-fat cottage cheese.
- Buy low-fat cheeses like part-skim mozzarella, farmer's cheese, and the new low-fat versions of cheddar, colby, swiss, and monterey jack.
- Buy lean ground beef. Read the label on ground turkey carefully. Some ground turkey can be quite fatty. Look for ground turkey that is at least 90% fat free.
- Read the Nutrition Facts panel. Choose foods more often with % Daily Values for total fat of 10% or less.
- Look for foods with claims like "low-fat, fat free, reduced fat." These claims now mean what they say.

Leaner Eating

- Eat more pasta and rice as your main dish. Add smaller amounts of meat.
- Switch to 2%, then 1% or skim milk if you currently drink whole milk.
- Put your salad dressing in a bowl separate from your salad. Dip your fork in the salad dressing, then into your salad.
- Snack on pretzels, no-oil popcorn, and low-fat crackers (flatbreads and graham crackers). Fresh fruit and vegetables are also great snacks. Go easy on the chips.
- Select foods carefully at the salad bar. Many salads have an oil-based dressing. Try to choose more of the fresh vegetables or fruits and less of the oily or creamy salads in the salad bar.
- Use low-fat yogurt or a sour cream substitute on your baked potato instead of regular sour cream, butter, or margarine.
- Top your toast with apple butter instead of butter or margarine.
- You don't have to cut out all your favorite high-fat foods, just try to eat them less often, and eat smaller portions of them.



Vegetable Tips

CARROTS, SQUASH, PUMPKIN, AND SWEET POTATOES

Carrots

Look for firm well-formed carrots. Discard wilted, flabby, or shriveled carrots. Be sure to cut off any green portions at the top. Avoid carrots with cracks or forked roots. The waste of trimming is money lost.

Remove any leafy tops before storing carrots. The leaves will draw the moisture out and you will have limp carrots in a day or two.

Carrots will keep for several weeks in a plastic bag in the vegetable crisper of your refrigerator.

Scrub and trim carrots as necessary. Try not to peel them because many of the nutrients are just under the skin. Peel carrots only if they are old and tough.

Slice carrots into thin sections. Steam or microwave in small amounts of water.

Squash and Pumpkin

Select squash and pumpkins that do not have soft spots or cuts in the rind. Hard-shelled squash should be stored in a dry, open area at room temperature. Do not store squash in the refrigerator. Chilling will change the flavor.

Peel and cut up pumpkin and squash. Then cook until soft in a small amount of water. These are watery vegetables, so you don't need to add a lot of cooking water. Or you can cut the squash in half, scoop out the pulp, and bake it in its rind.

If you have a microwave oven, you can cook squash in one-third the time it takes in a conventional oven. For instance, cut butternut squash in half, seed, and put cut side down in a glass baking dish. Microwave on high for 8-10 minutes. Let stand 5 minutes to finish cooking. Check a microwave cookbook for more details.

Remember that cooked squash or pumpkin can be frozen for later use. Pumpkin and squash are interchangeable in pies, baked breads, and puddings.



Don't throw out the seeds of pumpkins and squash. Roast them for 20 minutes at 350° F and serve as a snack. Children love them, and they are a good source of iron and fiber.

Sweet Potatoes

Several varieties of sweet potatoes are available. One has a dry texture and yellow pulp. Others, often called yams, are moist and have a dark yellow-orange pulp. A true yam grows only in the tropics and does not have any vitamin A. The "yam" that you buy in your grocery store is really a variety of a sweet potato. So the yam in your supermarket is a good source of vitamin A.

Choose thick medium-sized potatoes that are free of blemishes and that taper toward the ends. Avoid sweet potatoes with any type of decay. Decay spreads rapidly and affects the taste.

Store in a cool dry place, but not the refrigerator. Sweet potatoes without decay will keep well for several weeks if you store them between 50° and 60° F.

Cook sweet potatoes in their skins to preserve their nutrients. The skins will peel off easily once the potato is done. Bake these vegetables in your microwave oven to save time and nutrients.



Children and Teenagers in the Kitchen

Introduce children to the squash family by teaching them to recognize and name the different squashes. Pumpkins are squash and there are two types: field and sweet. We use field pumpkins for carving Jack O' Lanterns and as feed for some farm animals. "Sweet" pumpkins are used in pumpkin bread and pumpkin pies. Hubbard squash (usually long with a curved neck and bumpy skin) is also used for pumpkin pies.

Other squash such as acorn, butternut, and buttercup are used mostly in recipes like the ones in this lesson. They each have a slightly different flavor, and all taste good halved, seeded, and baked with or without butter and brown sugar.

Try using squash in desserts and snacks before introducing children to squash as a vegetable.

Encourage teenagers to make the Cheese and Squash Soup for the family or their friends. This will build self-confidence and teach them the importance of cooking skills.



Children can help with this lesson's recipes in the following ways.

Very young children can:

- Help scrub carrots and wash other vegetables used in the meal.
- Help arrange the Cinnamon Carrot Sticks on an appetizer tray.
- Learn why squash has a hard skin (to protect the seeds until they mature).

Young children can:

- Find the spices for you, if you have a spice rack at their eye level.
- Smell spices and try to guess where they come from.
- Try to name different types of squash and the color of the skin (butternut—yellow, acorn—green, etc.).

Older children can:

- Learn to slice carrots and cut squash. They will enjoy cleaning the seeds and roasting them in the oven.
- Make the Cinnamon Carrot Sticks.
- Mix the stuffing and put it in the squash for the Butternut Cabbage Bake.
- Learn to brown ground beef. Help them drain the excess fat.
- Grate the cheese for the squash soup or any other dish using grated cheese.

Teenagers can:

- Make the squash soup and a chicken salad for lunch with their friends.
- Help revise favorite family recipes. Teach them how to lower fat in a recipe.

WINTER SQUASH SOUP

Makes 6 servings.

One serving contains 232 calories, 10 g fat, 22 mg cholesterol, 391 mg sodium, 7 g dietary fiber, 2952 IU vitamin A, 44 mg vitamin C, and 1 IU vitamin E.

3 cups any winter squash*	1/2 tsp thyme
1 stalk celery, chopped	1 cup cheddar cheese, grated†
1 large onion, chopped	1/2 tsp salt or less
1 Tbsp oil†	1/2 tsp basil
1 can evaporated skim milk (12 fl oz)	1 lb Brussels sprouts, trimmed, quartered (optional)
dash of cayenne	1/8 tsp pepper

Cut squash into large chunks and cook for 20 minutes in 1 quart water. Save water. Scoop squash out of shells and puree one-half in blender or mash well with a fork. Sauté onion and celery in the oil. Add the squash, water, and seasonings; cook for 1 hour or more. Slowly add

*Excluding acorn squash
†Source of fat

OVER

BUTTERNUT CABBAGE BAKE

Makes 4 servings.

One serving contains 310 calories, 16 g fat, 47 mg cholesterol, 256 mg sodium, 8 g dietary fiber, 3820 IU vitamin A, 39 mg vitamin C, and 1 IU vitamin E.

2 medium butternut squash (about 4 cups cubed)	1 small apple, chopped
1/2 lb lean ground beef*	1/4 tsp salt
8 Tbsp shredded cheddar cheese*	1/4 tsp pepper
1 medium onion, chopped	1/4 tsp dried leaf thyme
2 cups shredded green cabbage	1/2 tsp dried leaf sage
2 Tbsp sunflower seeds (or almonds or walnuts)*	

Preheat oven to 400°F. Cut squash in half lengthwise and scoop out seeds and fibers. Place in baking pan, cut side down and add 1/2 inch of water. Bake at 400°F for 30 minutes. Meanwhile, cook ground beef in skillet until browned. Drain off excess fat. Add onion, apple,

*Source of fat

OVER

Microwave Cooking Tips *Winter Squash Soup continued*

- Cut squash into large chunks. Scoop out seeds. Place in 3-quart container. *Do not add water.* Microwave on high for 5-minute periods and remove the tender pieces as they are cooked.
- Sauté onion and celery in microwave by placing in 1-quart container. Drizzle oil over top. Cook uncovered 6 minutes, stirring every 2 minutes.
- Scoop squash out of shells and puree with half of the sautéed onion and celery in blender or mash with a fork.
- Put the squash and remaining celery and onion in a 3-quart casserole on the stove. Slowly add the milk, grated cheese, and seasonings. Heat to serving temperature. Thin with additional skimmed milk if desired.
- Optional: Microwave Brussels sprouts 4 minutes. Chop and add to soup.

Adapted from *The Best from the Family Heart Kitchens* by S. L. Conner and W. E. Conner, The Oregon Health Sciences University, Portland, OR 1983.

halves in the refrigerator to use the next day.

- You may also prepare this dish the night before. Just don't stuff the squash. Refrigerate and complete the final cooking the next day as you prepare the rest of dinner.

Microwave Cooking Tips

- Cut butternut squash in half lengthwise; scoop out seeds and fibers. In square or oblong microwave-safe dish big enough to hold squash, place squash cut side down. Cover with plastic wrap and vent at one corner. Microwave on high for 6–8 minutes or until tender.
- Unwrap packaged ground beef and place in a microwave cooking container. Microwave on high for 10–12 minutes, breaking up and stirring meat every 5 minutes. Some areas will still be pink. Let meat stand for 1–2 minutes until pink color disappears. Drain fat.
- Add remaining onion, apple, cabbage, and sunflower seeds and mix well. Microwave on high approximately 7 minutes. Stir after 3 minutes.
- Spoon the hot stuffing into squash halves. Microwave for 1 minute or more to bring to same temperature and serve. Top with cheese.

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Cut out recipes (use lines as a guide)



cabbage, and sunflower seeds. Cook until vegetables are tender. Add seasonings and mix well. Scoop out squash halves to 1/4 inch thickness. You will have about 4 cups of squash. Mix squash with cabbage mixture and fill centers of emptied shell. Top each half with 2 Tbsp cheese. Return to baking pan and bake at 400°F for 20 minutes longer.

Sample Menu

Pea Soup, Butternut Cabbage Bake, Dinner Rolls, Fruit Salad, Beverage

Low-Fat Cooking Tips

- To remove more fat from browned ground beef, place it on a paper towel after draining the fat or rinse with warm water.
- Reduce sunflower seeds to 1 Tbsp or eliminate altogether.
- Use low-fat cheddar cheese.

Time-saving Tips

- To save time when preparing butternut squash, cook it the night before. Cut in half and seed the squash just before dinner; bake the squash halves as you eat. Store the cooked

CONTINUED

milk and grated cheese, stir well with a wire whisk. Simmer soup base 15 minutes more. Optional: Briefly steam Brussels sprouts and chop *very fine*. Add to soup and serve.

Sample Menu

Winter Squash Soup, Chicken Salad on Lettuce, Bread, Ginger Snaps, Beverage

Low-Fat Cooking Tips

- Oil may be reduced by half.
- Use a low-fat cheese or reduce the amount of cheese added to soup.

Time-saving Tips

- Use canned or frozen squash.
- This soup may be made with canned pumpkin, too. Then the Brussels sprouts should be omitted.
- Prepare the soup on the weekend and refrigerate or freeze for use later in the week.

CONTINUED

Cut out recipes (use lines as a guide) 

CINNAMON CARROT STICKS

Makes about 16 servings.

One serving contains 38 calories, 0 g fat, 0 mg cholesterol, 18 mg sodium, 2 g dietary fiber, 3896 IU vitamin A, 5 mg vitamin C, and 0 vitamin E.

2 lbs medium-large carrots
(enough carrot sticks to fill a 1-qt container)
1 cup water reserved from cooking carrots
1/4 cup cider vinegar
1/4 cup honey (or sugar)
1/4 tsp cinnamon

Scrub carrots well, scrape if necessary, and cut into sticks. Place in a saucepan and add water. Bring to a boil, covered, until carrots are just tender, about 5 minutes. Drain carrots and reserve liquid. Put carrots into a bowl with tight-fitting lid. Add the spices to the carrot

OVER

MONTGOMERY COUNTY SQUASH

Makes 4 servings.

One serving contains 111 calories, 4 g fat, 0 mg cholesterol, 303 mg sodium, 4 g dietary fiber, 2923 IU vitamin A, 15 mg vitamin C, and 1 IU vitamin E.

1 medium-sized butternut squash 1 Tbsp brown sugar
1 Tbsp butter or margarine* salt and pepper to taste (optional)

Preheat oven to 350°F. Peel squash and cut in half lengthwise. Cut into thin slices. Arrange in bottom of an oiled casserole. In a small saucepan, melt butter or margarine. Add brown sugar and salt and pepper if desired, stirring until well blended. Pour over squash pieces. Bake at 350°F, 40-45 minutes. Baste occasionally with the liquid that forms.

Sample Menu

Baked Chicken, Rice with Peas, Montgomery County Squash, Oatmeal Cookies, Beverage

*Source of fat

OVER

Low-Fat Cooking Tip

- Reduce or eliminate butter or margarine.

Time-saving Tip

- The night before, peel and cut up squash; combine with sauce. Refrigerate. Cook while preparing rest of next day's meal.

Microwave Cooking Tip

- Peel squash, cut in half, then cut into slices. Place slices in microwave dish. Cover with plastic wrap, turning back one corner to vent. Microwave 4 minutes; rotate dish after 2 minutes. Turn slices over and sprinkle brown sugar and butter or margarine over slices. Cover again with plastic wrap. Microwave 4-6 minutes, or until squash is tender. Remove wrap. Let stand 4 minutes before serving.

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liquid. Bring to a boil and pour over carrots. Refrigerate overnight before serving. These will keep for about 2 weeks and are very good on an antipasto salad. This recipe is naturally low in fat.

Sample Menu

Antipasto, Cinnamon Carrot Sticks, Crackers, No-bake Peach Pie, Beverage

Microwave Cooking Tip

- Place carrots and 1 cup water in 1-quart microwave dish. Heat to boiling in microwave on high for 2 minutes. Proceed as in recipe.

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