

October 2018 Menu:

- *Bean and Butternut Squash Chili*
- *Apple and Arugula Salad*

Nutrition Facts

8 servings per container

Serving size 1 meal

Amount per serving

Calories 440

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 510mg 22%

Total Carbohydrate 62g 23%

Dietary Fiber 21g 75%

Total Sugars 17g

Includes 1g Added Sugars 2%

Protein 19g

Vitamin D 0mcg 0%

Calcium 261mg 20%

Iron 6mg 35%

Potassium 1535mg 35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bean and Butternut Squash Chili

Makes 8 servings; serving size is about 1 ½ cups

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onion
- 1 ½ cups chopped carrot
- 3 large cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 3 cups peeled and diced winter squash (such as butternut, *see note*) or sweet potatoes
- 1 28-ounce can no-salt-added crushed tomatoes
- 4 15-ounce cans no-salt-added beans, such as black, pinto and/or red kidney, rinsed
- 3 tablespoons salt-free chili powder (*see note*)
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper, or to taste
- Diced onion, sliced jalapeños, fresh cilantro, and/or pumpkin seeds (pepitas) for garnish

Preparation

Heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Reduce heat to medium, add carrot and continue cooking, stirring often, until the vegetables are soft, 4 to 5 minutes more. Add garlic and cook, stirring, for 1 minute.

Stir in broth, scraping up any browned bits, and bring to a boil over high heat. Add squash (or sweet potatoes), tomatoes, beans, chili powder, cumin, cinnamon, salt, and cayenne (if using). Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, uncovered, until the squash (or sweet potato) is tender, about 30 minutes.

Serve garnished with onion, jalapeños, cilantro, and/or pumpkin seeds, if desired.

Notes:

- To save time, look for precut butternut squash, usually sold in either large cubes or a smaller dice. If you can only find larger cubes, cut them into ½-inch dice before cooking. To save money, you can prep your own cubes of squash from a whole, peeled, and seeded butternut squash (or other type of winter squash). To ease the peeling and chopping process, try microwaving the squash before cutting: poke holes all over with a fork, slice the top and bottom off the squash, and microwave for 3 ½ minutes. Let cool slightly, then peel with a vegetable peeler. Slice in half, then scoop out and discard the pulp and seeds. Chop the squash into a ½-inch dice.

Nutrition Facts

8 servings per container

Serving size about 1 1/2 cups

Amount per serving

Calories **290**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **15%**

Total Carbohydrate 53g **19%**

Dietary Fiber 19g **68%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 16g

Vitamin D 0mcg **0%**

Calcium 195mg **15%**

Iron 5mg **30%**

Potassium 1291mg **25%**

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- Chili powder is a seasoning blend made up of dried chilies and other spices – be sure to check the sodium content as different brands vary widely. For a sodium-free option, try Morton & Bassett chili powder or Mrs. Dash Chili Seasoning Mix. Better yet, make your own for a fraction of the cost using the salt-free chili powder recipe below.
- To make ahead, refrigerate the chili for up to 5 days or freeze for up to 6 months.

Salt-free Chili Powder

Makes about 4 tablespoons

Ingredients

- 2 tablespoons paprika
- 2 teaspoons oregano
- 1 ½ teaspoons cumin
- 1 ½ teaspoons garlic powder
- ¾ teaspoon onion powder
- ½ teaspoon cayenne pepper, or to taste (optional)

Preparation

In a small bowl, whisk all ingredients until combined. Transfer to a jar and store, tightly covered, for up to one year.

Nutrition Facts

4 servings per container

Serving size 1 tablespoon

Amount per serving

Calories 20

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 108mg 2%

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Apple and Arugula Salad

Makes 4 servings

Ingredients

- 1 tablespoon whole-grain mustard
- 1 tablespoon cider vinegar
- 1 teaspoon maple syrup
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- Ground black pepper, to taste
- 1 apple or pear, halved and cored
- 5 ounces baby arugula
- ¼ cup pumpkin seeds, toasted

Preparation

Whisk together the mustard, vinegar, and maple syrup in a large bowl. Drizzle in the olive oil, whisking until the dressing is emulsified. Season with salt and pepper.

Thinly slice the apple (or pear) and place in a large bowl along with the arugula and pumpkin seeds. Add the dressing and toss to coat.

Nutrition Facts

4 servings per container

Serving size about 2 cups

Amount per serving

Calories **150**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 1g Added Sugars **2%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 65mg **6%**

Iron 1mg **6%**

Potassium 244mg **6%**

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