

Nutrition Column

Fall Recipe

Sweet and Savory Acorn Squash

By WaiLing Balsley, RDN, LDN



Acorn squash is versatile vegetable that is full of vitamin C, fiber and potassium and it is also a good source of vitamin A, B6

and magnesium. Here is an easy recipe for the delicious acorn squash.

Ingredients:

- 1 medium acorn squash
- 1/2 tablespoon vegetable oil
- 1 tablespoon honey
- 1 teaspoons salt
- 1 teaspoons pepper
- 1 clove of garlic or 2 teaspoons of garlic powder (optional)

Process:

1. Wash and cut squash in half. Discard seeds and brush on vegetable oil evenly inside and out. Sprinkle half of the salt and pepper.
2. Place cut side down in a microwave-safe dish. Cover and microwave on high for 10 – 12 minutes or until tender.
3. Turn squash cut side up and sprinkle the rest of salt and pepper. Cut off the tip of a clove of garlic and smear on the cut side of squash. Or sprinkle the garlic powder on the cut side of squash.
4. Pour the honey evenly on the cut side. Cover and microwave on high for 2-3 minutes or until heated through.

Reference: Food.com <http://www.food.com/recipe/microwave-acorn-squash-322275>

Please talk to your dietitian if you want to learn more.

Congregate Meal Site

Quincy Tower

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Hong Lok House

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Brighton House

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Brighton, MA 02135
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Area Served

City of Boston

For more information

call 617-623-7560 or
visit us on www.gbcbgac.org

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English



Monthly Menu

September 2017

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center


Nutrition Program



September 2017 Monthly Menu

 Monthly Special

* Indicated higher sodium items > 500 mg.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Sodium
								Steamed Pork Spareribs Milk 125mg White Rice 11mg Total 303mg Calories: 662 kcal	
4	5 <small>High Sodium Day</small>	Sodium	6	Sodium	7	Sodium	8	Sodium	
Holiday	Steamed Dumpling Soy Milk 120mg White Rice 11mg Total 1088mg Calories: 467 kcal	968*	Chinese Meatloaf Milk 125mg White Rice 11mg Total 488mg Calories: 614 kcal	352mg	Baked Fish with Dry Bean Curd Sticks Milk 125mg White Rice 11mg Total 453mg Calories: 492 kcal	317mg	Soy Braised Chicken Wings Milk 125mg White Rice 11mg Total 371mg Calories: 612 kcal		
	11	Sodium	12	Sodium	13	Sodium	14	Sodium	15
Stirfried Shrimps with Tomato Sauce Soy Milk 120mg White Rice 11mg Total 753mg Calories: 506 kcal	622*	Baked Chicken Thigh with Sweet and Sour Sauce Soy Milk 120mg White Rice 11mg Total 571mg Calories: 778 kcal	440mg	Garlic Pork Ribs (N/A) Milk 125mg White Rice 11mg Total (N/A) Recipe Under Testing	(N/A)	White Fish with Black Bean Sauce Milk 125mg White Rice 11mg Total 486mg Calories: 472 kcal	350mg	Baked Pork Chop with Ground Peppers Milk 125mg White Rice 11mg Total (N/A) Recipe Under Testing	(N/A)
18	Sodium	19	Sodium	20	Sodium	21	Sodium	22	Sodium
Wings with Salt & Pepper Soy Milk 120mg White Rice 11mg Total 624mg Calories: 607 kcal	493mg	Vegetarian Delight Soy Milk 120mg White Rice 11mg Total 276mg Calories: 491 kcal	145mg	Baked Flounder with Vegetables Milk 125mg White Rice 11mg Total 438mg Calories: 508 kcal	302mg	Steamed Egg with Ground Pork Milk 125mg White Rice 11mg Total 476mg Calories: 650 kcal	340mg	Ground Pork with Eggplants Milk 125mg White Rice 11mg Total 296mg Calories: 523 kcal	160mg
25	Sodium	26	Sodium	27	Sodium	28	Sodium	29	Sodium
Steam Spareribs with Butternut Squash Soy Milk 120mg White Rice 11mg Total 691mg Calories: 731 kcal	560*	Stirfried Shredded Chicken, Beef and Pork Soy Milk 120mg White Rice 11mg Total (N/A) Recipe Under Testing	(N/A)	Braised Pork Milk 125mg White Rice 11mg Total 351mg Calories: 643 kcal	215mg	Stirfried Shrimps with Mushrooms Milk 125mg White Rice 11mg Total 373mg Calories: 494 kcal	237mg	White Fish with Ginger and Scallions Milk 125mg White Rice 11mg Total 296mg Calories: 465 kcal	160mg

Food Safety Guidelines:

If you choose not to eat your lunch right away, please put it in the refrigerator immediately. When you are ready to consume:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes.

Caution: Oliver containers should never be put into a toaster oven.



Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet you diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions.