

# FoodWise Nutrition

## December 2022 Newsletter



### Healthy Choices, Healthy Lives

#### WHAT IS FOODWISE?

FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

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### OFFICE HIGHLIGHT



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
IRON COUNTY

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University of Wisconsin-Madison Division of Extension Iron County helps the people of Wisconsin apply University research, knowledge and resources to meet their educational needs wherever they live and work. Their office educators and staff can assist community members with questions centered around topics such as Community Development, Nutrition Education, Horticulture, Agriculture, 4-H and Youth Development and more!

If you ever need assistance, feel free to reach out using the contact information above.

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, December 19, from 12:00-1:00 pm. Please note the date is one week earlier due to the holidays.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at:

Phone: 715-561-2695  
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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

# LOOKING FOR A HEALTHIER HOLIDAY DESSERT TO TRY?

## BLACK BEAN BROWNIES



### INSTRUCTIONS

- Nonstick cooking spray
- 1 (15 ounce) can black beans or 1 3/4 cups cooked, cooled black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup cocoa powder

Optional: 1/2 cup chocolate, peanut butter or butterscotch chips, or chopped nuts.

### STEPS

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. Rinse outside of can of beans. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

### NOTES

If you have a blender or food processor, you can use it to make these brownies. Put eggs, oil, and vanilla in a blender or food processor, pulse to mix. Add beans and blend until pureed and smooth, 1 to 2 minutes, scraping down the sides of the blender or food processor with a rubber spatula once or twice. Add sugar and cocoa, and blend until mixed, about 1 minute. Add chips or nuts (if using), and pulse once or twice to mix.

Recipe ink: <https://familynutritionprogram.org/black-bean-brownies-recipe/>

## STEPPING INTO THE NEW YEAR WITH MYPLATE

### STEP 1: REFLECT & TAKE ACTION

Focus on where you are now and discover small changes you can make going forward. Take the **MyPlate Quiz** to see how you're eating habits stack up against the MyPlate recommendations. For more information, make sure to check out all the personalized resources on the quiz results page.



### STEP 2: START SIMPLE



Take it one day at a time and focus on small changes you can accomplish now, and then slowly build on those to meet your long-term goals. The **Start Simple with MyPlate** app can help you set and track daily food group goals as you work on eating healthier. Don't forget

to use your custom MyPlate code to personalize your food group goals.

### STEP 3: MAKE A PLAN FOR HOME

Look for fun ways to eat at home more often. Theme-nights like homemade taco night can make things interesting and help make meal planning easier. Check out **MyPlate Kitchen** to discover over 1,000 healthy, budget-friendly recipes.



### STEP 4: MAKE A PLAN FOR GROCERY SHOPPING



Now that you have a meal plan, you're ready to shop. The **Shop Simple with MyPlate** tool can help you save money while shopping for healthy food choices. Use this tool to find cost-saving opportunities in your local area and discover new ways to prepare budget-friendly foods.

### STEP 5: CELEBRATE SUCCESS

As you build healthy habits and find ways to reach and keep your goals, make sure to celebrate your accomplishments along the way! And don't forget, MyPlate is here to help you! So continue to visit **MyPlate.gov** for more information and resources to keep you eating healthy in the new year!





## Winter Squash is the Harvest of the Month!

### Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Choose squash that are heavy, firm, and have a full stem.

**Store** – Store in a cool, dark place for up to one month.

**Prepare** – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

### Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

## RECIPE OF THE MONTH—Squash Soup

Try this delicious soup with acorn squash, pumpkin, butternut squash, crookneck, or a unique variety of winter squash that you grow in your garden or can find at a local farmers market.

### INSTRUCTIONS

- 1 tablespoon olive oil
- 2 onions (medium, chopped)
- 2 carrots (medium, chopped)
- 2 garlic cloves (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low sodium
- 4 cups winter squash (cooked)
- 1 1/2 tablespoons oregano (dried)
- 1 1/2 tablespoons basil (dried)

### DIRECTIONS

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrots and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Recipe link: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/squash-soup>

If you would like to learn more about winter squash, visit: <https://spendsmart.extension.iastate.edu/produce-item/winter-squash-2-2/>