

TLHS

Tufts Longitudinal
Health Study

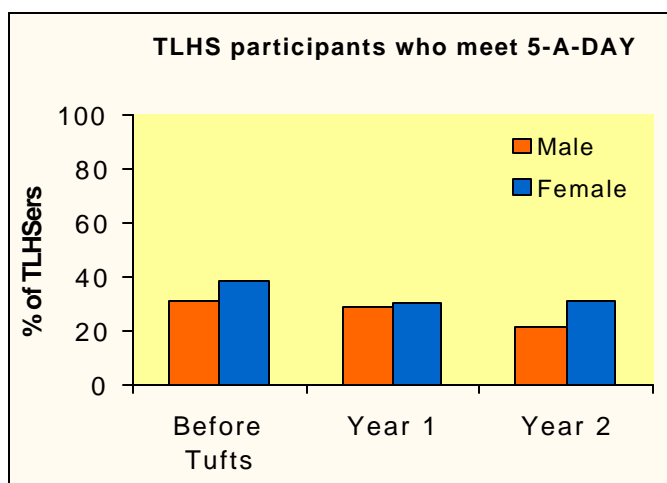
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WIN A BOX OF ANNIE'S MACARONI & CHEESE!

Answer the following questions and email your responses to agazdag@hnrc.tufts.edu before you leave for Thanksgiving break – get all three right and win a box of Annie's Homegrown Macaroni & Cheese!

1. Which has more vitamin C, pink or white grapefruit?
2. What fruit has a scientific name meaning "wolf peach"?
3. These "beans" are actually not beans at all, but are the pits of a fruit that resembles a bean.

EATING YOUR PEAS AND CARROTS



Eating 5-A-Day means getting two or more servings of fruit and three or more servings of vegetables each day. Fruits and veggies give us vitamins, minerals, and fiber. They also provide us with phytochemicals, health-promoting compounds found in plant foods. Data from the TLHS shows that most Tufts students do not meet the 5-A-Day recommendation, even before arriving on campus. Also, fruit and vegetable consumption decreases over the course of freshman year and continues to decline over sophomore year. So get your 5-A-Day! Try these Thanksgiving recipes packed with fruits and veggies.

Baked Vegetable Stuffing

Ingredients:

2 carrots, peeled and chopped into small pieces
1 celery stalk, finely chopped
1 med onion, finely chopped
1 zucchini, chopped into small cubes
1 cup of mushrooms, chopped into small pieces
5 slices of bread with crusts removed, cut into cubes
3 Tbsp. lemon juice

salt and pepper to taste
1/4 cup vegetable stock
1/4 cup wine (or 1/2 cup vegetable stock)
1/2 tsp sage
1/2 tsp thyme
2 Tbsp. fresh parsley, chopped (or 1 Tbsp. dried)

Directions:

Combine the first eight ingredients in a casserole dish. Then in a small bowl combine and whisk the five remaining ingredients and pour over the vegetable mixture. Cover and bake about 35 minutes at 350 degrees. A baked sweet potato would go great with this!



Questions? Please contact: Christina Economos, Ph.D., 556-3142 or Annie Gazdag, Ph.D., 556-3033

Holiday Cranberry Squash

Ingredients (serves 6):-

3 winter squash (acorn, buttercup, butternut, or delicata)
2 cups minced onions
1 cup minced celery
1 tsp canola or other vegetable oil
3 cups of fresh or 12 ounces of frozen cranberries
¼sp salt
1 cup unsweetened applesauce
2 tsps freshly graded orange peel
½cup orange juice or the juice of one orange
½cup of pure maple syrup or ½cup of sugar



Directions:

Preheat oven to 400 degrees. Lightly spray or oil a large flat-bottomed baking pan. Slice each squash in half lengthwise and remove the seeds. Place the squash, cut side down, in the baking pan. Add water to about half-inch. Cover with aluminum foil and bake for 30 minutes. Meanwhile, in a covered non-reactive sauce pan, on medium heat, sauté the onions and celery in the oil, stirring often, for 10 minutes until softened. Add the cranberries and salt, lower the heat, and simmer until the cranberries have popped – about ten minutes. Remove from the heat and stir in the applesauce, orange peel, orange juice, and maple syrup. The filling should be tart – add just enough maple syrup to offset the sourness of the cranberries. Remove the squash from the oven and turn the halves over in the pan. Fill each cavity with a rounded half-cup of filling. Bake uncovered for 30 to 45 minutes until well done.