



Eating Seasonally: The Winter Edition

Eating seasonally means eating fruit and vegetables that are in season during a specific time of year, like apples in the fall, watermelon in the summer, or oranges in the winter.

Benefits of eating seasonally:

- More flavor
 - * Seasonal produce will often taste better because it has had more time to fully ripen and is harvested at its ideal time.
- More nutrients
 - * In season produce will usually have higher levels of vitamins and antioxidants compared to those that have been stored for an long period of time.
- Costs less
 - * Eating seasonal produce is often cheaper because farmers are able to harvest larger amounts and the distribution costs are lower, which means less cash out of your wallet!



Winter Produce

Just because it is winter does not mean you have to stop eating delicious fruits and vegetables! There is plenty of produce in season, and lucky for you, they are high in antioxidants such as vitamins C, A, E and beta carotene!

Winter Vegetables:

- Winter squash:
 - * Butternut squash
 - * Acorn squash
 - * Spaghetti squash
- Carrots
- Brussel sprouts
- Cabbage
- Cauliflower
- Winter greens:
 - * Kale
 - * Collard greens
 - * Chard



Winter Fruits:

- Citrus fruits:
 - Grapefruit
 - Oranges
 - Lemons
 - Limes
- Pomegranate
- Kiwis



Diabetes Pump/Sensor & Camp Night:

Come learn about new diabetes technology options and diabetes camps!

Tuesday, March 6, 2018 4:30-6:30pm
 CHAM 2 Conference Room #1, Children's Hospital at Montefiore
 3415 Bainbridge Avenue Bronx NY 10467

For questions call 718-920-4664

Recipe of the Month



Roasted Winter Vegetables

Ingredients:

- 1 lb Brussel sprouts, trimmed and halved
- 1 butternut squash, peeled and cubed
- 1 red onion, peeled and chopped
- 2 Tbsp olive oil
- 1 tsp chili powder
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 425 degrees
2. Drizzle vegetables with olive oil, toss with chili powder, salt, and pepper
3. Place on baking sheet and roast for 25 minutes or until browned slightly.
4. Serve and enjoy!

Nutrition Facts

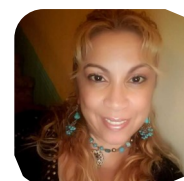
(per serving for 8 servings):

84 **Calories**, **Carb:** 13 g, **Fiber** 4g, **Protein:** 3g, **Fat:** 4g

Our Dietitians:



Alena Kharlamenko



Miriam Serrano