FOOD with PURPOSE

FOR THE good OF PEOPLE AND PLANET



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BYEUREST REGISTERED DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

Holiday gatherings are meant to be enjoyed! When building your plate, start with colorful vegetables and a source of protein, then add your favorite sides and seasonal dishes. Leave room for the foods you truly love, enjoying them mindfully and in moderation. Eating slowly and checking in with your hunger and fullness can help you create balance while still savoring holiday traditions.

IN SEASON & ON THE MENU

Butternut squash is a fall favorite that reaches its peak during the cooler months. Its orange flesh gets its color from carotenoids, plant pigments that include beta-carotene, which the body can convert to vitamin A. Naturally providing fiber and nutrients, butternut squash has a slightly sweet, nutty flavor that works well roasted, blended into soups, or added to other comforting seasonal dishes.

CHEF TIPS: HOLIDAY COOKING

Holidays can be a time to splurge on food while celebrating, but some of us choose to or need to eat in a healthier way. Here are some tips:

- Choose lean proteins such as
- turkey breast or fish.
- Lighten up dishes like mashed potatoes by using low fat dairy.
- Find dessert recipes featuring seasonal fruits and reduce the sugar content, especially when paired with spices like cinnamon which enhances the sweetness of foods.

