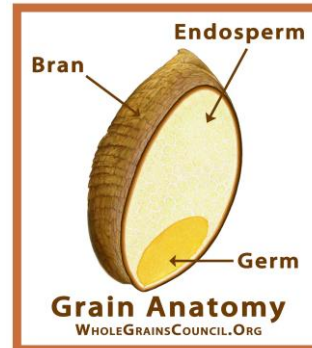


## NATIONAL WHOLE GRAINS MONTH

September is National Whole Grains Month! While we encourage you to eat whole grains throughout the year, this month is an opportunity to sink your teeth into some whole grain goodness.

### What are grains made of?

When growing in the field, all grains start out as whole grains. Each grain kernel contains three specific parts: the *bran*, the *germ*, and the *endosperm*. The *bran* is the outer skin of the grain and contains fiber, antioxidants and B vitamins. The *germ* is the part of the grain that, if the conditions are right, will sprout and become a new plant. It contains B vitamins, a little protein, minerals, and healthy fats. The *endosperm* is the *germ's* food supply – if the grain begins to sprout, the plant will use this food to grow roots and shoots. It is the largest part of the grain, and it contains carbohydrates and small amounts of vitamins and minerals.

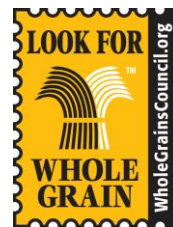


### What are “whole grain foods”?

A grain product on the grocery store shelf is only a whole grain food if it still includes *all three of the parts* of the grain kernel. Many times, grains are processed into what is called *refined grain*. This means at least one part of the whole grain has been removed. White flour and white rice are examples of refined grains because they both have had their germ and bran removed.

### How can I find whole grain foods?

Some foods will have the Whole Grains Stamp on the package, it will easily tell you if the food includes whole grains. If there is no whole grain stamp on the package, look at the list of ingredients on the label. If the first ingredient starts with “whole” (whole (gain name), whole wheat, etc.), or if it is a grain like brown rice or oats, it is likely the food is a whole grain food.



You may see the words “whole grain” on the food package, like “whole grain bread” or “multigrain bread”. If there isn't a whole grain item listed first in the ingredients, the product may contain a small amount of whole grains but not enough to be considered a whole grain food. Adding “whole grain” words to food packaging is a marketing tool used to draw the attention of whole grain-minded people, so make sure you check the ingredients!

## Food Safety Tips

Washing chicken in the sink will not remove bacteria. During washing, chicken juices can spread to other parts of the kitchen and contaminate other foods, surfaces, and utensils.



## Big SNAP News!

The largest permanent benefits increase in SNAP history! Starting October 1, 2021, SNAP benefits will be higher than they were at the beginning of the COVID-19 pandemic. The average monthly benefit will increase by about \$36.

Emergency benefits (receiving the maximum amount for household size) will continue for as long as there is a COVID emergency declaration in MA.

Questions? Want to apply? Call our SNAP team at **617-598-5022**



# Stuffed Summer Squash

## Ingredients

- 4 medium zucchini, cut in half lengthwise
- 3 cups brown rice, cooked from 1 cup dry
- 1 cup tomatoes, diced
- 1 cup squash pulp (from summer squash, see instructions)
- 1 cup canned white beans, drained and rinsed
- 1/3 cup sliced black olives, drained
- 1 tablespoon basil
- 4 tablespoons Parmesan cheese, grated

## Directions

1. Preheat oven to 350 degrees F. Place zucchini in a large microwaveable bowl with 3 tablespoons water. Cover and microwave on high for 5 minutes or until tender. Let cool.
2. Scoop out pulp from zucchini, leaving a long cavity for stuffing. Place pulp in a bowl and mix with brown rice, tomatoes, beans, olives and basil.
3. Place the zucchini shells in a baking dish. Stuff the zucchini with the stuffing mixture.
4. Top with grated Parmesan cheese. Bake for about 30 minutes, until cheese is golden brown.

Note: Any summer squash can be used in place of zucchini. Try yellow squash, cousa/kousa, or a large, hollowed out patty pan.

*Makes 4 servings*

## Nutrition Facts

Stuffed Summer Squash

Amount Per Serving (2 halves each)

Calories 228	Calories from Fat 45
	% Daily Value*
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 411mg	17%
<b>Potassium</b> 963mg	28%
<b>Total Carbohydrates</b> 41g	14%
Dietary Fiber 7g	28%
Sugars 11g	
<b>Protein</b> 10g	20%
Vitamin A	69%
Vitamin C	65%
Vitamin D	0%
Calcium	11%
Iron	15%

### LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at [clickncook.org](http://clickncook.org)



# What can you do with: Cauliflower?

**Cauliflower is a flower! The part we eat is a cluster of the plant's flower buds.**

**Choosing:** Look for heads of cauliflower that are heavy for their size, with buds tightly packed and green leaves.

**Storing:** If your cauliflower is already wrapped in plastic, keep it that way and store in the vegetable drawer of the fridge. If it is not in plastic, place it in a plastic bag and cut a couple small holes for air flow (a toothpick or scissors will work). It is not recommended to pre-cut cauliflower if you aren't planning to use it within 2 days.



**Preparing:** Wash the head under cool running water, removing any leaves and stems. Slice through the stem longways and pull the head apart. It will naturally separate into two pieces. From here, you can cut the buds into florets or chop it to use in soups, stir fries, or as a standalone side dish.

**Uses:** Cauliflower can be eaten raw or cooked. It can be roasted, steamed, or sauteed. The leaves and stems are edible, too. Strong in flavor (kind of kale-like), they can be used in soups or stir fries.

**Nutrition:** Cauliflower is an excellent source of vitamin C! But this vitamin dissolves in water, so choose steaming over boiling cauliflower to keep the nutrients in.

**A CLICK N' COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

## SWEET AND SOUR CAULIFLOWER



*Serves 8, 1/2 cup each*

### Ingredients

1 large cauliflower (or 2 small cauliflowers)	1/4 cup raisins (or 1/2 cup if not using cranberries)
2 tablespoons olive oil	1/2 teaspoon lemon zest
1 large onion, diced	2 tablespoons lemon juice
1/2 teaspoon salt	2 tablespoons apple cider vinegar
1/4 teaspoon pepper	1 tablespoon balsamic vinegar (optional)
1 tablespoon light brown sugar	
1/4 cup dried cranberries (optional)	

### Directions

1. Cut the cauliflower into florets and slice each one to about 1/4 inch thick. In a large pot, heat olive oil over medium high. Add onions and cook, stirring, until softened and begin to turn golden, 5 to 8 minutes.
2. Add cauliflower, salt and pepper, and cook for 2 to 3 minutes, uncovered, stirring frequently.
3. Add brown sugar, cranberries (if using), raisins, lemon zest and juice, cider vinegar and balsamic vinegar (if using). Turn up the heat and cook, stirring occasionally, until cauliflower is tender, about 5 minutes more.
4. Remove the pot from the heat, taste and adjust seasoning. Cover and allow to rest for at least 10 minutes before serving.



## Adding Whole Grains

*You can easily add whole grains to your eating pattern using recipes you already know and love.*

It is recommended you aim to make at least half of the grain foods you eat be whole grain foods. You can get there by making simple swaps, like purchasing 100% whole wheat bread and checking your cereal ingredients to make sure they are whole grains. Try some of the tips below to boost the level of whole grains in recipes.

- Replace one third of the flour in a recipe with quick oats or old-fashioned oats.
- Add ½ cup of cooked wheat berries, brown rice, quinoa, or barley to canned or homemade soup.
- Use whole corn meal for corn cakes, muffins, and breads.
- Add ¾ cup uncooked oats per pound of ground meat when making meatballs, meatloaf, and burgers.
- Snack on popcorn! Add ½ cup popcorn kernels to a paper lunch bag, fold the top to seal, and microwave for 2:30-3 minutes.
- Stir rolled oats into yogurt. Try it with diced fruit!
- Swap out rice for barley, wheat berries, bulgur, or quinoa in your favorite rice recipes.
- Buy whole grain pasta, or a blend that's half whole grain and half white flour.

*From WholeGrainsCouncil.org*



### SEPTEMBER 2021

#### **National Family Meals Month**

#### **Hunger Action Month**

#### **Childhood Obesity Awareness Month**

#### **National Peanut Day** September 3

#### **International Bacon Day** September 5

#### **National Linguini Day** September 15

#### **National Lobster Day** September 25