



All About Gluten

With gluten-free products increasing in popularity and demand, it can be helpful to know the basics about gluten.

Gluten is a protein found in **wheat, rye, barley, and triticale**. It gives dough its elasticity and spongy texture. Gluten-containing products include, but are not limited to, bread, baked goods, cereal, soups, salad dressings, sauces, and pasta.

Those who need gluten-free products may have a gluten sensitivity, Celiac disease, or any other medical reasoning. No matter the reason, it is important to take the following steps to keep everyone safe.

Read food labels. Look for gluten-free labeling on the packaging of the food. Be sure to read the ingredients and allergen list on the back of the food product. Wheat free does not mean gluten free. Similarly, oats must be labeled gluten-free on the product. Keep in mind trickier items like salad dressings and sauces may contain gluten.

Know which foods are naturally gluten free. Naturally gluten-free foods are fruits and vegetables, fresh meats, poultry, fish and seafood, legumes, dairy, nuts and nut flours, seeds, soy, and grains like rice, quinoa, millet, and buckwheat.

Practice food safety. Be sure to wash your hands and equipment after handling gluten-containing foods and before handling gluten-free foods. Try your best to keep gluten-free foods separate from gluten-containing foods. Gluten-free items can be in a separate area or at least at the top shelf above other items.

Food Safety Tip

Gluten-free meals should always be prepared, stored, and handled separately from gluten-containing meals. If separate areas are not available, preparing a gluten-free meal before other meals is recommended. Washing hands and equipment is key in avoiding cross-contamination of gluten-free products.



Fresh. Canned. Dried. Frozen.

It's **HIP** to be healthy!

HIP puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors.

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, want to apply, or want support on your existing case.

CALL: (617) 598 5022
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GBFB.org/SNAP

Lentil, Kale, and Quinoa Stew



Nutrition Facts

Lentil, Kale and Quinoa Stew
Amount Per Serving

	Calories 187	Calories from Fat 45
	% Daily Value*	
Total Fat	5g	8%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	3g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	176mg	7%
Potassium	813mg	23%
Total Carbohydrates	30g	10%
Dietary Fiber	10g	40%
Sugars	8g	
Protein	9g	18%
Vitamin A		307%
Vitamin C		77%
Vitamin D		0%
Calcium		11%
Iron		24%

* Percent Daily Values are based on a 2000 calorie diet.

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 carrots, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 1 1/2 teaspoon cumin, ground
- 1/2 teaspoon ginger, ground
- 1/2 teaspoon turmeric, ground (optional)
- 1 cup lentils, red dry, rinsed, and picked through
- 1/2 cup quinoa, dry
- 5 cups water
- 1 can low sodium diced tomatoes
- 2 cups kale, chopped (or other greens of choice)

Directions

1. Heat oil in a large pot over medium heat.
2. Sauté the onions, carrots, and celery until tender, about 8 minutes.
3. Add in the minced garlic and sauté another minute, just until fragrant.
4. Add in the minced cumin, ginger, turmeric, lentils, quinoa, water, and tomatoes and bring the soup to a boil.
5. Once boiling, lower the heat and cover the pot to let everything simmer until the lentils are tender, about 20 minutes.
6. Once the lentils and vegetables are very tender, stir in the chopped kale and cook until it's wilted, just a few minutes.
7. Serve warm.

Makes 4 servings.



LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org

What can you do with:

Butternut Squash



Choosing: When selecting fresh, choose a squash that is heavy for its size. Butternut squash can also be available frozen.

Storing: Store butternut squash in a cool, dark place for up to a month. Once cut, refrigerate any unused portions and eat within 5 days.

Preparing: Butternut squash can be steamed, microwaved, or baked. To microwave, place cut squash in a baking dish and cover with plastic wrap. Microwave until tender, using the guideline of 2 pieces for 3 to 4 ½ minutes.

Uses: This type of squash can be used on its own as a side dish or in meals like soups, salads, rice bakes, risotto, and more.

Nutrition: Butternut squash is an excellent source of vitamin A. This micronutrient may be most known for its role in healthy vision. It also has antioxidant properties, protecting your cells of free radicals.

Fun Fact: The most popular variety of butternut squash was developed in Waltham, Massachusetts!

A CLICK N' COOK RECIPE
MORE AT: [CLICKNCOOK.ORG](https://clickncook.org)

Roasted Butternut Squash Hummus



Ingredients

- 1 medium butternut squash
- 2 tablespoons olive oil divided
- 1 can low-sodium chickpeas drained and rinsed
- 1/4 cup tahini
- 3 tablespoons lemon juice
- 2 cloves garlic
- 1/2 teaspoon salt

Directions

1. Preheat oven to 375 degrees F.
2. Using a sharp knife, cut the ends off of the butternut squash. Cut in half lengthwise and scoop out seeds.
3. Line a baking sheet with foil and place squash face up on the sheet. Drizzle squash with 1 tablespoon olive oil, cover with foil, and roast in the oven for 45 minutes. It is done when you can easily insert a knife. Remove from the oven and let cool.
4. Once cool enough to handle, remove the skin of the butternut squash and discard. Cut the squash into smaller pieces.
5. In a food processor or blender, add the diced squash and all other ingredients. Blend until smooth. (You can do this in batches depending on the size of your blender.)



Prep & Cook: Pumpkins

With the leaves changing color and weather getting cooler, we know that pumpkin season is here! Not only are pumpkins a great fall decoration, but they can also be tasty and nutritious to eat.

Pumpkins are a part of the winter squash family, along with the butternut squash mentioned on page three, and can be stored for up to one month. They have similar preparation methods to the butternut squash. Pumpkins can also be found as a canned puree.

Here are some delicious Click 'N Cook recipes to enjoy this winter squash:

- Pumpkin and Bean Soup
- Pumpkin Chocolate Muffins
- Pumpkin Mac and Cheese
- Perfect Pumpkin Pancakes

Get creative with pumpkins and add pumpkin puree to your yogurt or oatmeal. Enjoy the puree on its own with maple syrup and cinnamon. Roast cut up pumpkin and add it to your salad or rice bowls. There can be many ways to enjoy pumpkins this season. Be sure to check out recipes on the Click 'N Cook website!



October 2023

National Apple Month

National Pasta Month

National Pumpkin Spice Day
October 1

National Taco Day
October 4

National Noodle Day
October 6

National Pumpkin Pie Day
October 12

National Nut Day
October 22

National Pumpkin Day
October 26

National Oatmeal Day
October 29