

# July Nutrition Education



- July 12<sup>th</sup>- Food Sampling 9:30am- Noon
- July 17<sup>th</sup>- Food Sampling 1pm-3pm
- July 19<sup>th</sup>- Food Sampling 1pm-3pm
- July 24<sup>th</sup>- Food Sampling 1pm-3pm
- July 31<sup>st</sup>- Food Sampling 1pm-3pm

## ***Three Sister Soup***

### **Ingredients:**

6 cups, chicken or vegetable stock from reconstituted from bouillon cubes  
16 oz. can yellow **corn or hominy**, drained, rinsed  
16 oz. can **kidney beans**, drained, rinsed  
1 small **onion**, chopped  
1 rib **celery**  
2 cups winter squash (or pumpkin), cut in half \*substitute  
15 oz. can of **pumpkin** (not pumpkin pie filling) if you don't have winter squash or pumpkin  
½ teaspoon dried sage  
½ teaspoon curry powder

### **Directions:**

Preheat oven to 350° F.

1. Place squash or pumpkin, cut sides down on pan.
2. Bake until tender and easily pierced with a fork, about 1 hour for medium squash, longer if larger. Once done, carefully remove the skin with a fork; it should be easy to remove.
3. While squash is baking, bring chicken stock to a slow boil.
4. Add corn/hominy, beans, onion, and celery. Boil 10 minutes.
5. Add squash, sage and curry. Simmer on medium-low heat for 20 minutes.

## ***Pan Roasted Brussels Sprouts with Bacon***

### **Ingredients**

4 strips of bacon  
2 tablespoons of **butter**  
1 pound of **Brussels sprouts**, halved  
½ large **onion**, chopped  
Salt and pepper

### **Directions**

Cook bacon in a large skillet over medium-high heat until crispy. Remove to paper-lined plate, then roughly chop. In same pan with bacon fat, melt butter over high heat. Add onions and Brussels Sprouts and cook, stirring occasionally, until sprouts are golden brown, 8-10 minutes. Season with salt and pepper, to taste, and toss bacon back into pan. Serve immediately.

Makes 4-6 Servings

### ***For more information, contact:***

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***TIP: Give your water some personality! Water is a refreshing choice. Jazz it up by adding slices of fruit like strawberries and lemon or fresh herbs like mint, rosemary or basil.***