

# HEALTHY BUTTERNUT SQUASH RECIPES



Mushroom  
& Butternut  
Squash  
Lasagna

Rosemary &  
Garlic  
Crusted  
Pork Loin  
with  
Butternut  
Squash &  
Potatoes

Winter  
Squash &  
Chicken  
Tzimmes

Sweet &  
Savory Beef  
Stew

Bean &  
Butternut  
Tacos with  
Green Salsa

Butternut  
Squash &  
Tomato  
Posole

Braised  
Cauliflower  
& Squash  
Penne Pasta

Winter  
Vegetable  
Dal



# Healthy Butternut Squash Recipes

## MUSHROOM & BUTTERNUT SQUASH LASAGNA

☒ Heart Health ☒ Diabetes  
☒ Weight Loss ☐ Gluten Free

ACTIVE: 55 MIN TOTAL: 2 HRS

- 12 ounces dried or 1 pound fresh lasagna noodles, preferably whole-wheat
- 10 sun-dried tomatoes (not packed in oil)
- $\frac{3}{4}$  cup dried porcini mushrooms ( $\frac{3}{4}$  ounce)
- 1 cup boiling water
- $1\frac{1}{3}$  cups low-fat milk, divided
- 3 tablespoons plus 1 teaspoon all-purpose flour, divided
- 2 ounces reduced-fat cream cheese (3 tablespoons)
- 1 cup prepared marinara sauce, divided
- 2 teaspoons balsamic vinegar
- Salt & freshly ground pepper to taste
- 2 teaspoons extra-virgin olive oil
- 1 onion, chopped
- 1 small carrot, chopped
- 2 cloves garlic, minced
- 12 ounces mushrooms (wild and/or cultivated), sliced
- $1\frac{1}{2}$  teaspoons chopped fresh rosemary or  $\frac{1}{2}$  teaspoon dried
- $\frac{1}{2}$  cup freshly grated Parmesan cheese
- $1\frac{1}{2}$  pounds butternut squash, peeled and thinly sliced (4 cups)

1. Cook noodles in a large pot of boiling salted water until barely tender (8 minutes for dried, 1 minute for fresh). Drain and rinse under cold water. Spread the noodles on clean kitchen towels, cover with plastic wrap and set aside.
2. Combine sun-dried tomatoes and dried mushrooms in a small bowl. Add boiling water, cover and let stand for 10 minutes. Transfer the tomatoes and mushrooms to a cutting board with a slotted spoon and chop. Strain the soaking liquid through a fine sieve and set aside.
3. Heat 1 cup milk in a saucepan over medium heat until steaming. Meanwhile, put 3 tablespoons flour in a small bowl and gradually whisk in the remaining  $\frac{1}{3}$  cup milk until smooth; whisk into the hot milk and stir constantly over the heat until the sauce comes to a simmer and thickens. Continue cooking and stirring for 1 minute. Remove



from the heat. Whisk in cream cheese, then  $\frac{2}{3}$  cup marinara sauce and vinegar. Season the sauce with salt and pepper; set aside.

4. Heat oil in a large nonstick skillet over medium-high heat. Add onion, carrot and garlic and sauté until soft, about 2 minutes. Add fresh mushrooms, rosemary and the reserved tomatoes and porcini; cook until the fresh mushrooms are just wilted, about 2 minutes longer. Stir the remaining 1 teaspoon flour into the vegetables. Add the reserved soaking liquid and the remaining  $\frac{1}{3}$  cup marinara sauce and cook until the mixture thickens, about 1 minute. Remove from the heat and season with salt and pepper.
5. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
6. Smear the bottom of the prepared dish with  $\frac{1}{2}$  cup of the sauce. Line the bottom with a single layer of noodles. Spread half of the mushroom mixture over the noodles and sprinkle with 2 tablespoons of the Parmesan. Add another layer of noodles, arrange butternut squash on top and sprinkle with salt

and pepper. Spread another  $\frac{1}{2}$  cup sauce over all. Add another layer of noodles, followed by the remaining mushroom mixture; sprinkle with 2 more tablespoons of the Parmesan. Finish with the remaining noodles and sauce. Sprinkle with the remaining Parmesan.

7. Coat a large piece of foil with cooking spray and tightly cover the baking dish. Bake the lasagna for 30 minutes. Uncover and bake until lightly browned and bubbling, 10 to 15 minutes more. Let stand for 10 minutes before serving.

### SERVES 8

**Per serving:** 359 calories; 7 g fat (2 g sat, 2 g mono); 11 mg cholesterol; 58 g carbohydrate; 19 g protein; 12 g fiber; 357 mg sodium; 800 mg potassium.

**Nutrition bonus:** Vitamin A (179% daily value), Vitamin C (37% dv), Iron (33% dv), Potassium (23% dv), Calcium (17% dv).

**Carbohydrate servings:**  $3\frac{1}{2}$

**Exchanges:**  $2\frac{1}{2}$  starch, 3 vegetable,  $\frac{1}{2}$  fat

# Healthy Butternut Squash Recipes

## ROSEMARY & GARLIC CRUSTED PORK LOIN WITH BUTTERNUT SQUASH & POTATOES

☐ Heart Health ☒ Diabetes  
☒ Weight Loss ☒ Gluten Free

**ACTIVE:** 20 MIN **TOTAL:** 1¼ HRS

*Pork today is so lean, the meat will be dry and crumbly if overcooked, but there are a couple of tricks to help avoid that fate. The first is to turn the pork over halfway through the cooking time so the juices will concentrate in the center of the roast instead of settling on the bottom. Second, take the roast out of the oven when it is about 5° below the recommended internal temperature, which is 160°F. The meat will continue to cook as it rests.*

- 3 tablespoons chopped fresh rosemary or 1 tablespoon dried
- 4 cloves garlic, minced
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground pepper, plus more to taste
- 1 2-pound boneless center-cut pork loin roast, trimmed
- 1½ pounds small Yukon Gold potatoes, scrubbed and cut into 1-inch cubes
- 4 teaspoons extra-virgin olive oil, divided
- 1 pound butternut squash, peeled, seeded and cut into 1-inch cubes
- ½ cup port or prune juice
- ½ cup reduced-sodium chicken broth

**1.** Preheat oven to 400°F.

**2.** Combine rosemary, garlic, ½ teaspoon salt and ½ teaspoon pepper in a mortar and crush with the pestle to form a paste. (*Alternatively, finely chop the ingredients together on a cutting board.*)

**3.** Coat a large roasting pan with cooking spray. Place pork in the pan and rub the rosemary mixture all over it. Toss potatoes with 2 teaspoons oil and ¼ teaspoon salt in a medium bowl; scatter along one side of the pork.

**4.** Roast the pork and potatoes for 30 minutes. Meanwhile, toss squash with the remaining 2 teaspoons oil, ¼ teaspoon salt and pepper in a medium bowl.

**5.** Remove the roasting pan from the oven. Carefully turn the pork over. Scatter the

squash along the other side of the pork.

**6.** Roast the pork until an instant-read thermometer inserted in the center registers 155°F, 30 to 40 minutes more. Transfer the pork to a carving board; tent with foil and let stand for 10 to 15 minutes. If the vegetables are tender, transfer them to a bowl, cover and keep them warm. If not, continue roasting until they are browned and tender, 10 to 15 minutes more.

**7.** After removing the vegetables, place the roasting pan over medium heat and add port (or prune juice); bring to a boil, stirring to scrape up any browned bits. Simmer for 2 minutes. Add broth and bring to a simmer. Simmer for a few minutes to intensify the

flavor. Add any juices that have accumulated on the carving board.

**8.** To serve, cut the strings from the pork and carve. Serve with the roasted vegetables and pan sauce.

### SERVES 8

**Per serving:** 349 calories; 14 g fat (5 g sat, 7 g mono); 73 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 27 g protein; 3 g fiber; 372 mg sodium; 476 mg potassium.

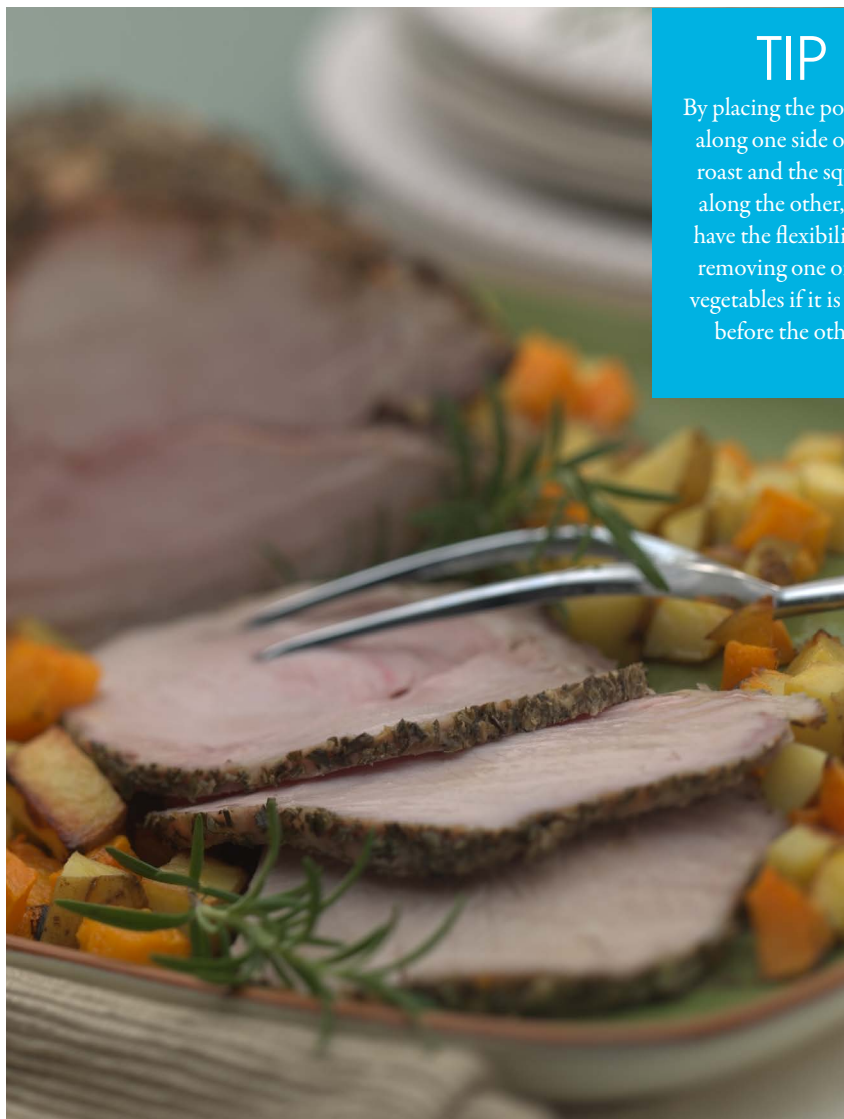
**Nutrition bonus:** Vitamin A (110% daily value), Vitamin C (45% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1½ starch, 3 lean meat

## TIP

By placing the potatoes along one side of the roast and the squash along the other, you have the flexibility of removing one of the vegetables if it is done before the other.





# Healthy Butternut Squash Recipes

## WINTER SQUASH & CHICKEN TZIMMES

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

**ACTIVE:** 45 MIN **TOTAL:** 2 HRS 25 MIN

*Fresh orange juice and cinnamon infuse this winter squash and chicken stew. Tzimmes (pronounced "tsim-iss") can also be made with brisket and is often served during the Jewish New Year. A fairly sweet dish, it's said to offer wishes for a sweet year ahead.*

- 9 cups cubed peeled butternut, buttercup or hubbard squash (1-inch cubes; see *Tip*, page 7)
- 1 cup small pitted prunes
- 3 cloves garlic, minced
- 2 medium shallots, thinly sliced and separated into rings
- 1 teaspoon ground cinnamon
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper
- 8 skinless, bone-in chicken thighs (about 3½ pounds), trimmed
- 1 cup reduced-sodium chicken broth or vegetable broth
- 1 teaspoon freshly grated orange zest
- ¼ cup orange juice

**1.** Preheat oven to 350°F.

**2.** Place squash, prunes, garlic, shallots, cinnamon, oregano, thyme, ½ teaspoon salt and pepper in a large bowl and mix well. Transfer to a 9-by-13-inch baking dish. Sprinkle chicken with the remaining ½ teaspoon salt and place on top of the vegetables. Mix broth, orange zest and juice in a small bowl and pour over the chicken. Cover the baking dish with foil.

**3.** Bake for 40 minutes. Uncover and continue baking until the vegetables are tender and the chicken is cooked through, basting often, about 1 hour more.

**SERVES 8**



**Per serving:** 398 calories; 11 g fat (3 g sat, 4 g mono); 101 mg cholesterol; 46 g carbohydrate; 32 g protein; 7 g fiber; 404 mg sodium; 1,330 mg potassium.

**Nutrition bonus:** Vitamin A (580% daily value), Vitamin C (100% dv), Potassium (38% dv), Magnesium (31% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 1 fruit, 4 lean meat

# Healthy Butternut Squash Recipes

## SWEET & SAVORY BEEF STEW

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 2 HRS

*This beef stew for two replicates the flavors in tzimmes, a sweet stew traditionally served at Rosh Hashanah to start the New Year. This version gets natural sweetness from cherries and butternut squash.*

- 2½ teaspoons canola oil, divided
- 8 ounces bottom-round beef, trimmed, cut into ¾-inch cubes
- 1 large shallot, halved and thinly sliced
- 1 teaspoon dried thyme
- ½ teaspoon dried rubbed sage
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 teaspoons all-purpose flour
- 1 cup reduced-sodium beef broth
- 2½ cups cubed peeled butternut squash
- ⅓ cup dried cherries

1. Preheat oven to 350°F.
2. Heat 1½ teaspoons oil in a large oven-proof saucepan over medium heat. Add beef and cook until browned on all sides, 6 to 8 minutes. Transfer to a plate.
3. Reduce heat to medium-low, add the remaining 1 teaspoon oil and shallot to the pan; cook, stirring often, for 1 minute. Stir in thyme, sage, salt and pepper; cook for 30 seconds. Return the beef to the pan and sprinkle with flour. Cook, stirring often, until the flour browns, about 3 minutes. Pour in broth; scrape up any browned bits from the bottom of the pan. Continue cooking until the liquid bubbles and thickens slightly, about 2 minutes. Stir in squash.
4. Cover the pan and transfer to the oven. Bake for 1 hour. Stir in cherries, cover and continue baking until the meat is tender when pierced with a fork, about 30 minutes more.

**SERVES 2:** ABOUT 1½ CUPS EACH



**Per serving:** 405 calories; 12 g fat (3 g sat, 6 g mono); 74 mg cholesterol; 43 g carbohydrate; 31 g protein; 5 g fiber; 659 mg sodium; 977 mg potassium.

**Nutrition bonus:** Vitamin A (390% daily value), Vitamin C (60% dv), Potassium (28% dv), Iron (25% dv), Magnesium (20% dv).

**Carbohydrate servings:** 3

**Exchanges:** 1½ starch, 1 fruit, 3½ lean meat, 1 fat



# Healthy Butternut Squash Recipes

## BEAN & BUTTERNUT TACOS WITH GREEN SALSA

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

**ACTIVE:** 1¼ HRS **TOTAL:** 1¼ HRS

**TO MAKE AHEAD:** The salsa can be prepared ahead (through Step 3). Cover and refrigerate for up to 2 days.

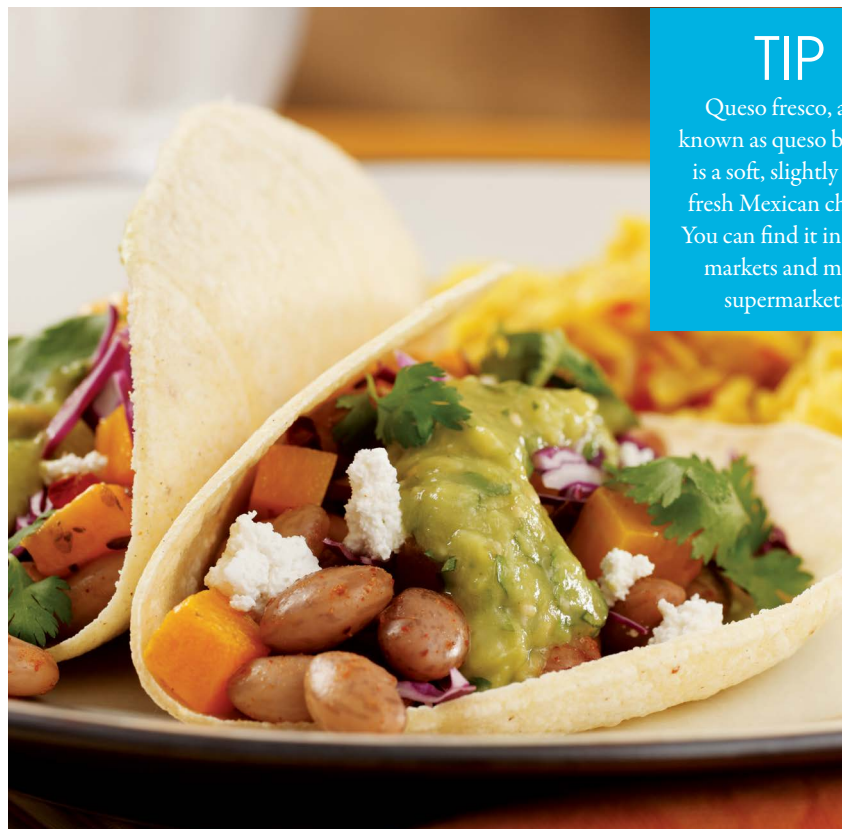
### SALSA

- 8 ounces tomatillos
- 2 cloves garlic, unpeeled
- 1 jalapeño pepper
- ¼ cup sliced white onion
- ½ ripe avocado, diced
- 3 tablespoons chopped fresh cilantro
- ¼ teaspoon salt
- Freshly ground pepper to taste

### TACOS

- 4 cups diced (½-inch) peeled butternut squash
- 3-4 small dried red chiles
- 2 cloves garlic, unpeeled, smashed and left whole
- 1 tablespoon extra-virgin olive oil
- ¾ teaspoon dried oregano, preferably Mexican, divided
- ½ teaspoon salt, divided
- ¼ teaspoon cumin seeds, plus ½ teaspoon ground toasted cumin seeds, divided
- 2 cups cooked pinto beans, drained
- ½ teaspoon chili powder
- Freshly ground pepper to taste
- 8 6-inch corn tortillas
- ½ cup fresh cilantro leaves
- ½ cup finely shredded and chopped red or green cabbage
- 8 teaspoons crumbled queso fresco (see *Tip*) or feta cheese

- 1. To prepare salsa:** Bring a pot of water to a boil. Remove husks from tomatillos and rinse well. Cook the tomatillos in the boiling water until soft, 5 to 8 minutes. Drain and set aside.
- 2.** Toast garlic cloves, jalapeño and onion in a dry medium skillet over medium heat, turning occasionally, until browned, fragrant and soft, 5 to 7 minutes.
- 3.** When cool enough to handle, peel the garlic. Remove the jalapeño stem and



## TIP

Queso fresco, also known as queso blanco, is a soft, slightly salty fresh Mexican cheese. You can find it in Latin markets and many supermarkets.

remove seeds if desired. Combine the tomatillos, garlic, jalapeño, onion and avocado in a blender or food processor. Process until smooth. Stir in cilantro, salt and pepper. Set aside for topping the tacos.

**4. To prepare tacos:** Preheat oven to 400°F.

**5.** Put squash in a medium bowl and, using kitchen shears, finely snip chiles to taste into small pieces (seeds and all) into the bowl. Add garlic, oil, ½ teaspoon oregano, ¼ teaspoon salt and whole cumin seeds; toss to coat. Arrange on a baking sheet in a single layer. Bake until soft and beginning to brown, 20 to 25 minutes. Peel and finely chop the garlic when cool enough to handle; stir into the squash.

**6.** Meanwhile, combine beans in a small saucepan with the remaining ¼ teaspoon oregano and ¼ teaspoon salt, ground cumin, chili powder and pepper. Heat over medium-low heat for about 10 minutes.

**7.** Warm tortillas one at a time in a dry large cast-iron (or similar heavy) skillet over medium heat until soft and pliable. Wrap in a

clean towel to keep warm as you go. Spoon ¼ cup of the warm beans into each tortilla; divide the roasted squash evenly among the tacos and top each with cilantro, cabbage, ½ cup of the salsa and cheese. (Refrigerate the remaining ½ cup salsa for up to 2 days.)

### SERVES 4: 2 TACOS EACH

**Per serving:** 406 calories; 9 g fat (2 g sat, 4 g mono); 3 mg cholesterol; 70 g carbohydrate; 13 g protein; 13 g fiber; 517 mg sodium; 1,006 mg potassium.

**Nutrition bonus:** Vitamin A (254% daily value), Vitamin C (60% dv), Folate (49% dv), Potassium (28% dv), Magnesium (25% dv), Iron (20% dv), Calcium (16% dv).

**Carbohydrate servings:** 4

**Exchanges:** 3½ starch, 2 vegetable, 1 lean meat, 1½ fat

# Healthy Butternut Squash Recipes

## BUTTERNUT SQUASH & TOMATO POSOLE

☒ Heart Health ☐ Diabetes  
☒ Weight Loss ☒ Gluten Free

**ACTIVE:** 20 MIN **TOTAL:** 45 MIN

*Posole is a traditional Mexican stew most often made with pork and hominy (dried corn kernels that have been treated to soften the hull) cooked in a fragrant chile-based sauce. In this quick vegetarian recipe, we rely on the meatiness of pinto beans and butternut squash combined with hand-crushed whole tomatoes to make a satisfying stew.*

- 1 28-ounce can whole peeled tomatoes, preferably no-salt added
- 1 tablespoon canola oil
- 2 cups chopped red onion
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 3 cups diced (½-inch) peeled butternut squash (see *Tips*)
- 1½ cups vegetable broth
- 1 15-ounce can white hominy, rinsed
- 1 15-ounce can pinto beans, rinsed
- 1 ripe but firm avocado, diced
- ¼ cup chopped fresh cilantro

1. Working over a bowl, break apart tomatoes with your fingers one at a time (see *Tips*), letting them drop into the bowl.
2. Heat oil in a large, heavy pan or Dutch oven over medium-high heat. Add onion and garlic and cook, stirring often, until beginning to brown, 4 to 5 minutes. Add chili powder and cook, stirring, for 30 seconds. Add squash, broth, hominy, beans and the crushed tomatoes (and juice). Bring to a simmer. Reduce the heat to maintain a gentle simmer.
3. Cover and cook, stirring occasionally, until the squash is tender, 25 to 30 minutes. Serve with avocado and cilantro.

**SERVES 5:** ABOUT 1⅓ CUPS EACH

**Per serving:** 335 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 9 g protein; 16 g fiber; 688 mg sodium; 1,147 mg potassium.

**Nutrition bonus:** Vitamin A (300% daily value), Vitamin C (74% dv), Potassium (33% dv), Folate (30% dv), Iron & Magnesium (23% dv), Calcium (16% dv).



## TIPS

- For convenience, try using butternut squash that is already peeled and cubed. Look for it near other prepared fresh vegetables in the produce department of most supermarkets.
- If you only stock one type of canned tomato in your pantry, opt for versatile whole plum tomatoes. Break them up for chunky stews, dice them if you want smaller pieces or puree them to use in a sauce.



# Healthy Butternut Squash Recipes

## BRAISED CAULIFLOWER & SQUASH PENNE PASTA

- ☒ Heart Health ☐ Diabetes
- ☒ Weight Loss ☐ Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 30 MIN

*In this braised cauliflower and squash penne pasta recipe, we cook the pasta and vegetables in broth rather than water to make this warming vegetarian pasta extra flavorful. The starch from the pasta and vegetables combines with the broth as it simmers and creates a silky sauce. And you can make the whole dish in just one pot, so cleanup is a breeze.*

- 1 tablespoon extra-virgin olive oil
- 3 large cloves garlic, minced
- 1 teaspoon dried thyme
- ¼ teaspoon crushed red pepper
- 4 cups “no-chicken” broth (see *Tip*) or vegetable broth
- 8 ounces whole-wheat penne (about 3 cups)
- 2 cups 1-inch cauliflower florets
- 2 cups 1-inch pieces peeled butternut squash (see *Tip*, page 7)
- Freshly ground pepper to taste
- ¼ cup finely shredded Pecorino Romano cheese

Heat oil in a large saucepan over medium-high heat. Add garlic, thyme and crushed red pepper and cook, stirring, for 1 minute. Add broth, penne, cauliflower and squash. Bring to a boil over high heat. Reduce heat to a lively simmer and cook, uncovered, until the pasta is tender and the liquid is thickened and greatly reduced, 14 to 16 minutes. Remove from heat, stir in pepper and let stand for 5 minutes. Serve topped with cheese.

**SERVES 4:** ABOUT 1½ CUPS EACH

**Per serving:** 330 calories; 8 g fat (2 g sat, 3 g mono); 4 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 11 g protein; 9 g fiber; 594 mg sodium; 475 mg potassium.

**Nutrition bonus:** Vitamin A (148% daily value), Vitamin C (52% dv), Calcium (17% dv), Iron (15% dv).



### TIP

In this vegetarian pasta, we like to use “no-chicken” broth (made from a vegetable base) for its rich flavor and pale golden color instead of darker vegetable broth.



# Healthy Butternut Squash Recipes

## WINTER VEGETABLE DAL

☐ Heart Health ☒ Diabetes

☐ Weight Loss ☒ Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 1 HR

*This southern-Indian-inspired vegetable dal recipe is rich and creamy thanks to light coconut milk and gets exotic flavor from spice-infused coconut oil. Serve with flatbread or naan.*

- 2 tablespoons coconut oil or canola oil
- 1 teaspoon brown mustard seeds
- 1 teaspoon cumin seeds
- 12 fresh curry leaves (see *Tips*) or 1 large bay leaf
- 1 medium onion, finely chopped
- 1 serrano chile, finely diced
- 3 tablespoons finely chopped fresh ginger
- 4 medium cloves garlic, finely chopped
- 4½ cups water
- 1½ cups red lentils (see *Tips*), rinsed
- 1 14-ounce can “lite” coconut milk
- 1½ teaspoons salt
- 1 teaspoon ground turmeric
- 2½ cups cubed peeled butternut squash
- 2 cups cauliflower florets (1-inch)
- 1 large Yukon Gold potato (about 8 ounces), cut into ½-inch chunks
- 1 teaspoon garam masala (see *Tips*)
- 2 tablespoons lime juice

**1.** Heat oil over medium-high heat in a large pot. Add mustard seeds, cumin seeds and curry leaves (if using) and cook until the seeds begin to pop, about 20 seconds. Add onion, chile, ginger and garlic and cook, stirring occasionally, until the onion is starting to brown, about 5 minutes.

**2.** Add bay leaf (if using), water, lentils, coconut milk, salt and turmeric to the pot. Bring to a boil, stirring frequently to make sure the lentils don’t stick to the bottom. Add squash, cauliflower and potato; return to a boil. Reduce heat to a simmer and cook, uncovered, stirring occasionally, until the vegetables are just tender when pierced with a fork, 20 to 25 minutes.

**3.** Remove from heat; stir in garam masala and lime juice.

**SERVES 6:** 1⅓ CUPS EACH



**Calories** 340, **Fat** 10g (sat 7g), **Cholesterol** 0mg, **Carbs** 47g, Total sugars 5g (added 0g), **Protein** 17g, **Fiber** 10g, **Sodium** 620mg, Potassium 690mg.

**Nutrition bonus:** Vitamin A (111% daily value), Vitamin C (57% dv), Iron (22% dv), Potassium (20% dv).

**Carbohydrate servings:** 3

**Exchanges:** 2 starch, ½ vegetable, 1½ lean meat, 2 fat

## TIPS

- Find fresh curry leaves in the produce section (and sometimes in the freezer) at Asian markets. Any unused leaves can be frozen, airtight, for up to 2 months.
- Red lentils are excellent in soups, salads and vegetarian stews. You can find them in the natural-foods section of your supermarket or in natural-foods stores.
- Garam masala, a blend of spices used in Indian cooking, usually includes cardamom, black pepper, cloves, nutmeg, fennel, cumin and coriander. It is available in the spice section of most supermarkets.

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## ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

# EatingWell®

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