

**For More Info
About WIC**

Call: (207)992-4571
1-800-470-3769

Maine Relay 711
(TTY)

Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic



WIC is completing appointments in the office and by phone; we remain flexible at this time.

Thank you!

This month WIC observes the following Holiday:

**Monday
December 26th**



This institution is an equal opportunity provider

wic Newsletter
DECEMBER 2022

Don't forget food safety around the holidays!

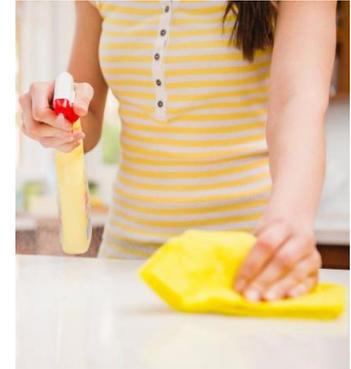
Wash hands and surfaces before preparing food.

Use a food thermometer to make sure meat is cooked to the proper internal temperature.

If stuffing a turkey, make sure the stuffing also reaches the correct internal temperature.

Be aware of how long food sits out unrefrigerated. Throw away perishable foods that have been left sitting out at room temperature for longer than two hours.

Visit <https://www.eatright.org/homefoodsafety/safety-tips/holidays/10-holiday-home-food-safety-tips> for more information on food safety.



Tips for using holiday leftovers:

Turn your leftovers into new meals to use them up and stretch your food dollars!

Leftover meat and vegetables are great to use in soups, casseroles, pot pies, and stir fries!

Make crispy potato patties with leftover mashed potatoes!

Make muffins with leftover cranberry sauce or use it as a topping for waffles and pancakes!

Cranberry Sauce Muffins

<https://www.allrecipes.com/recipe/240388/cranberry-sauce-muffins/>

Ingredients

- 2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 cup cranberry sauce
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract

Directions

- Preheat oven to 400°. Grease 18 muffin cups or line with paper muffin liners.
- Whisk flour, brown sugar, white sugar, baking powder, salt, cinnamon, and nutmeg together in a bowl. Beat cranberry sauce, milk, oil, egg, and vanilla together in a separate bowl. Stir flour mixture into cranberry sauce mixture until batter is just moistened; pour into prepared muffin cups.
- Bake in the preheated oven until golden brown, about 20 minutes.



Butternut Squash Soup

- 1 large butternut squash (about 3 pounds),
cut in half vertically and seeds removed
- 1 tablespoon olive oil
- ½ cup chopped shallot (1 large bulb)
- 1 teaspoon salt
- 4 garlic cloves, minced
- 1 teaspoon maple syrup
- 1/8 teaspoon ground nutmeg
- Ground black pepper, to taste
- 3 to 4 cups (24 to 32 ounces) vegetable broth
- 1 to 2 tablespoons butter



Preheat oven to 425 °F and line a baking sheet with parchment paper. Place the cut butternut squash on the pan and drizzle each half very lightly with olive oil (about ½ teaspoon each). Rub the oil over the inside of the squash and sprinkle with salt and pepper.

Turn the squash face-down and roast until it is completely cooked through. It will be tender enough to be pierced easily with a fork, which should take about 40-50 minutes. Set the squash aside until it is cool enough to handle, about 10 minutes.

In a large soup pot, heat 1 tablespoon olive oil. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is turning golden on the edges, about 3-4 minutes. Add the garlic and cook for another minute. Transfer contents to a blender.

Use a large spoon to scoop the inside of the butternut squash into your blender. Throw away the tough skin. Add the maple syrup, nutmeg, and a pinch of black pepper to the blender. Pour in 3 cups vegetable broth. Be careful not to overfill the blender – you can work in batches if necessary and add the finished batches back into your soup pot.

Securely fasten the lid of the blender and blend on high until creamy. If you would like to thin out your soup a bit more, you can mix in the remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil to taste, and blend well.

Pour soup back into your soup pot and warm, stirring often, if necessary. Let cool before transferring into a proper storage container. This soup can be refrigerated for up to 3 days or frozen for up to 3 months.

<https://cookieandkate.com/roasted-butternut-squash-soup/print/23988/>