



Courtesy photo

L to r: Ryan King's older brother, David, executive director of the LA Interagency Metropolitan Police Apprehension Crime Task Force, Department of Justice, California; his dad, Dave; Ryan; and his younger brother, Matthew, deputy attorney general, Office of the Attorney General, Department of Justice, California

## Ryan T. King Naval Postgraduate School

*With love from Mom and Dad*

We would like to congratulate our son, Major Ryan T. King, who graduated from the Naval Postgraduate School on June 17, 2016, in Monterey, Calif., with a master's of arts in security studies (western hemisphere).

Ryan will be stationed at Fort Story, Va., for the next three years.

Ryan is an amazing son and we could not be prouder.

## What to do with all the squash?

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutrition

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment celebrates squash and suggests a few easy ways to prepare it for the family. Don't forget to eat the seeds, too!

October and November tend to be months that many squash are available, such as pumpkin, butternut, acorn or Hubbard. Most squash can be baked or roasted in the oven to soften or prepare it to eat for a meal or to use for baking.

Fresh squash is much less expensive and more flavorful than canned pumpkin and can be a fun project with children. They can help wash the squash and remove the seeds after you cut it open and before you bake it face down at 350 F for 45-60 minutes in a baking dish with ¼-inch of water.

Consider saving and planting the seeds or roasting and eating the seeds.

### Winter Squash & Bean Combo

- 2 cups winter squash, baked, seeds and peel removed, cubed\*
- 1 15-ounce can black beans or kidney beans, drained
- 2/3 cup salsa
- Liberal cilantro, chopped fresh

Bake the squash whole in the oven at 350 until tender (approximately 1 hour). This can be done the night prior. I prefer butternut because it tends to be more firm.

Combine squash cubes, beans and salsa. Serve on top of brown rice or a bed of fresh baby leaf spinach (or both). Garnish with fresh chopped cilantro.

This also could be layered in a casserole dish (showing off the color contrast – imagine orange squash, red kidney beans or black beans, green spinach, red salsa and bright green cilantro).

Bonus: Don't forget to roast, salt and eat the seeds (on salad or as snack). If you oil the pan and stir periodically, you don't have to remove the bits of squash when you bake the seeds.

Seeds can be baked at the same time as the squash or later at a lower temperature. Salt the seeds as soon as they are removed from the oven. Delicious when warm!

### Stuffed Winter Squash\*


This is a fall or winter meal that can be made with many variations. Be flexible and creative with what is available.

\*Squash: Start with acorn squash or any other type that suits your fancy, such as delicata. Choose the number of units and size you want to serve as halves or round slices. Slice and place face down on a baking dish.

Bake squash until tender to pierce with a fork. May take up to 1 hour at 350 F depending on the squash type and size. When making this in a hurry, squash can be cooked in the microwave. Heat face down until tender.

For variation, you could slice the squash and serve the filling over sliced squash as the beautiful, colorful bed.


## Siletz Community Health Clinic



**Monday - Friday 8am-5pm**

Siletz Community Health Clinic offers comprehensive health care to ALL residents of Lincoln County. We accept Private Insurance, Medicare & Medicaid

We'll do everything possible to not only provide you with quality health care, but also to involve you in decisions about your health, and participate with you in developing and maintaining a healthy lifestyle for the future.



Call the Clinic for more information  
**541-444-1030**  
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### Siletz Community Health Clinic Providers

<p style="text-align: center; margin: 0;">Medical</p> <p style="font-size: x-small; margin: 0;">Lisa Taylor, Medical Director</p> <p style="font-size: x-small; margin: 0;">Dr. Stewart Tuft, Physician (Family Medicine)</p> <p style="font-size: x-small; margin: 0;">Dr. Fred Chavez, Physician (Family Medicine)</p> <p style="font-size: x-small; margin: 0;">Dr. Stephen Burns, Physician (Pediatrics)</p> <p style="font-size: x-small; margin: 0;">Dr. Sean Rash, Physician (Pediatrics)</p> <p style="font-size: x-small; margin: 0;">William Fisher, Physician Assistant</p>	<p style="text-align: center; margin: 0;">Dental</p> <p style="font-size: x-small; margin: 0;">Dr. Jeremy Vistica, Dental Director</p> <p style="font-size: x-small; margin: 0;">Dr. Gordon Stanger, Dentist</p> <p style="font-size: x-small; margin: 0;">Teresa Carpenter, Dental Hygienist</p>
<p style="text-align: center; margin: 0;">Optometry</p> <p style="font-size: x-small; margin: 0;">Dr. Lorene Stanger, Optometrist</p>	

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).



Courtesy photo

Butternut squash

### Filling

- 2 tablespoons olive oil
- ¼ cup red onion
- 1 tablespoon curry powder
- ½ each green tart apple, such as granny smith, diced
- 1 stalk celery, chopped
- 1-2 tablespoons raisins or infused cranberries
- 1½ cups cooked brown rice\*\*
- 1½ cups cooked lentils\*\*
- 1-2 tablespoons balsamic vinegar
- Salt to taste
- Garnish with chutney and fresh cilantro, chopped

Filling: Cook brown rice and lentils or use leftovers. \*\*Lentils and rice can be cooked together in a pan or rice cooker. Use ¾ cup of each and 3 cups water.

Meanwhile, add cooking oil to pan and sauté onions; add curry after onions are almost done. Add apple, celery and raisins or other dried fruit to pan while continuing to sauté. Stir in brown rice and lentils. Adjust flavor as needed with balsamic vinegar and salt.

Place the warm filling on the warm squash (either squash boats or rings). This also can be placed in the refrigerator to reheat later. Serve with chutney and fresh cilantro if desired.

Don't forget to serve with salad or cooked greens.

### Acorn Squash Bisque Yield: 1½ quarts

- 1 quart stock, such as vegetable cooking water
- 1 each acorn squash, baked with skin removed (save the skin for the next broth)
- 5 5-inch carrots, boiled in the stock or left over
- 1 cup apple juice or broth from cooking apple scraps

Puree ingredients to create a smooth consistency. Bisque should be slightly thick and is prettier when bright orange (thus the carrots were added).

Adjust thickness with additional liquid if too thick or additional squash or carrots to increase thickness. Apple juice, water or sauce help balance the sweetness without adding sugars. Remember to make your own apple juice or sauce without added sugars.

For interest, seasoning options can include salt, sweet cinnamon or spicy curry.

Butternut squash also would have a rich flavor and a thicker consistency.

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child.