WINTER

Come winter, a bright, fragrant orange is like a little ray of sunshine. Select citrus fruits that feel heavy for their size and that feel firm. If they’ve got any mold or soft-looking spots, skip them (buying a big bag can be a bargain, but try to look carefully at all the oranges in it). Store oranges at a room temperature for a few days, or in the refrigerator for up to two weeks.

Snack: Cinnamon Oranges

Cinnamon might make you think of apples—but it goes well with oranges, and the flavor combination is both unusual and completely perfect.

Dinner: Roast Chicken with Oranges

The fruit roasts alongside the chicken to make a delicious topping once everything’s cooked.
SIMPLE STEPS TO HEALTHIER KIDS

Buy & Store Winter Produce

**Potatoes** Select firm-looking potatoes without cracks, soft spots, green spots, or sprouting eyes. Store in a cool, dark place—such as a lower kitchen cabinet—for up to 2 weeks.

**Sweet Potatoes** Look for sweet potatoes without discolored spots, bruises, or signs of rotting or sprouting. Store in a cool, dark place up to a week. Do not refrigerate. Instead of peeling them, just scrub them clean (the peel is actually tasty and loaded with nutrients).

**Winter Squash** Choose a winter squash—butternut, acorn, delicata, or Hubbard—that feels hard and heavy for its size. The skin should be smooth and free from blemishes or mold. Do not refrigerate a whole squash; it will keep for a month or more in a cool, dark place. (Do refrigerate peeled or prepared squash.)

**Cabbage** Choose firm heads that are brightly colored (either green or purple) and feel heavy for their size. The stem end should look freshly cut. Store in a plastic bag in the refrigerator up to two weeks (or longer). Cabbages can be huge, and it’s fine not to use it all at once; just trim away any discolored parts from the cut side.

**Brussel Sprouts** These are like miniature cabbages. Choose sprouts that look fresh and green, with fresh-looking cut ends and no sign of yellowed, loose, or bruised leaves. Store them in a plastic bag in the refrigerator up to four days.

**Kale** Kale comes in many varieties—curly green, purple, shiny, or dark, bumpy “dinosaur” kale—and they’re all delicious. Look for bright, healthy-looking bunches, with no leaves that are wilting or discolored. Remove the band or tie that’s holding the bunch together, then store kale in a plastic bag in the refrigerator up to three days.

You can roast and eat any winter squash seeds just like you would pumpkin seeds! Simply rinse them, dry them on a clean dish towel, and then toss them with a little oil on a rimmed baking sheet. Roast them in a 400 oven until browned and crisp (5-25 minutes, depending on the size of the seeds), then salt to taste.

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