

what the health

FALL 2010





Stretch It Out
Page 34

PHOTOGRAPH BY HANNAH MCDONALD

In Every Issue

- 4 Editor's Letter
- 5 Check This Out / Lettuce
- 6 Fit Facts
- 7 Myth vs. Fact / Bathroom Hygiene
- 8 Personal Story / Katie Garton
- 10 Book Review / 'Eat Right 4 Your Type'
- 11 How-To / Prep for Marathons
- 55 Amateur Chef / Squash
- 57 Get Out of Town / Greek Peak
- 58 Column / Booze
- 59 In Your Face

Get Well

- 12 Fighting the Flu
- 14 Sit Less, Live Longer
- 15 Smoke Signals
- 16 Head-On Collision
- 18 Jaw-dropping
- 19 Camera Conscious
- 21 Legal Dilemma

Eat Smart

- 22 Healthy Harvest Choices
- 23 Chewy Choices
- 24 Grocery Grabs
- 26 The Big 10
- 28 Hold the Heat
- 30 Switching It Up
- 32 Little Food, Big Loss

Feel Great

- 33 Hit the Gym Right
- 34 Stretch It Out
- 36 Run 'Cuse
- 38 Power Hour



Strength Training
Page 38

42 / Techno Toning

From iPhone apps that tally your plate's nutritional facts to sneakers that know how many calories you burn, WTH found the latest tech breakthroughs for staying in shape.

46 / Reclaiming Waste

On a mission to keep our planet healthy, Freegans aren't afraid to raid the dumpster to recycle and reuse. Learn how they're helping mother earth, one salvaged enchilada feast at a time.

48 / A Sad Story

Find out what makes students today more depressed than ever before. Hint: It has something to do with the pressure for success.

52 / Shaking the Habit

Take a look at how America's craving for salt causes thousands of cases of heart disease each year. WTH talks to experts and salt lovers to discover the best ways to keep your sodium levels in check.



Sit Less, Live Longer
Page 14

4 Ways to Squash

You'll have no trouble cleaning your plate with these recipes, which make a versatile veggie a sweet or savory treat

Story and photography by Jordan Clifford

Attention amateur chefs: Did you know that more than 40 different types of squash exist? These autumnal veggies pack vitamins A and C, potassium, and fiber. Just one cup of cooked squash serves up enough Vitamin A to meet your daily requirement. And with many varieties come many delicious dishes. Take your pick of this winter's squash selection: acorn squash, butternut squash, spaghetti squash, or pumpkin (yes, jack-o-lanterns were once squash, too).



1

Sweet Roasted Acorn Squash

2 servings

Ingredients:

- 1 acorn squash
- 2 Tbsp. butter
- 2 Tbsp. brown sugar, loose
- Cinnamon for taste
- Dash of nutmeg

Directions:

1. Preheat oven to 425° F.
2. Halve the squash crosswise and scoop out the seeds. Place on a foil-lined tray. Add butter, brown sugar, and a dash of nutmeg to each half. Sprinkle cinnamon to taste.
3. Bake for 45 minutes to one hour. Squash should be tender and easily pierced with a fork.



2

Lasagna-Style Spaghetti Squash

4 servings

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 1/2 onion, chopped
- 2 Tbsp. minced garlic
- 1 Tbsp. olive oil
- 2 cans stewed tomatoes
- 1 Tbsp. dried basil
- Black pepper to taste
- 1 c. shredded mozzarella cheese
- Grated Parmesan cheese

Directions:

1. Preheat oven to 325° F.
2. Spray a baking sheet with a thin layer of cooking spray. Place squash halves with insides down on the baking sheet. Bake squash 45 minutes to one hour in the oven, or until knife can be easily inserted.
3. While the squash is cooking, spray a medium-sized non-stick saucepan with cooking spray. Over medium heat, sauté the chopped onion and minced garlic with the olive oil until golden brown. Stir in tomatoes, basil, and black pepper. Cook ingredients for about 15 minutes, or until you have a medium-to-thick sauce. Set aside.
4. Once the squash has cooled, remove the squash strands with a fork and place in a separate bowl, careful to save the shells. Layer each squash shell half with a spoonful of sauce, a layer of spaghetti squash strands, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used.
5. Bake for 20 minutes in the oven or until cheese melts. Sprinkle with grated Parmesan cheese and serve hot.



3

Pumpkin Pancakes

Makes about 10 pancakes

Ingredients:

- 1 medium egg
- 1 c. milk
- 1 and 1/2 c. all-purpose flour
- 1/2 c. canned pumpkin
- 1 Tbsp. sugar
- 2 tsp. baking powder
- 1/4 tsp. ground cinnamon
- Pinch of ground nutmeg
- Pinch of ground ginger

Directions:

1. Combine egg, milk, pumpkin, and sugar in a medium-sized mixing bowl. Stir in flour, baking powder, ground cinnamon, nutmeg, and ginger until smooth.
2. Grease a griddle or frying pan. Pour about 3 Tbsp. batter on hot griddle or frying pan. Bake until bubbles break over surface, flip, and brown other side. Serve hot.

4

Roasted Butternut Squash Salad

4 servings

Ingredients:

- 1 medium butternut squash, peeled and diced (3/4 in)
- 2 Tbsp. olive oil
- 2 Tbsp. pure maple syrup
- Salt and freshly ground pepper
- 3 Tbsp. dried cranberries
- 4 oz baby arugula, washed and dried
- 1/2 c. walnut halves
- 3/4 c. grated Parmesan cheese

Directions:

1. Preheat the oven to 400° F
2. Place the butternut squash, drizzle olive oil, and two tablespoons of maple syrup in a bowl. Season with salt and pepper to taste, then toss. Spread mixture out on a greased sheet pan. Roast the squash for about 20 to 30 minutes, turning once, until tender. Add cranberries to the pan for the last five minutes.
3. Once the squash is cooked, place the arugula in a large salad bowl, and add the roasted squash mixture, walnuts, and grated Parmesan cheese. Top with your favorite sweet vinaigrette dressing and serve.

