Join me tomorrow, Thursday, October 24th, to celebrate the third annual Food Day. The goal of Food Day is to help people Eat Real. It began as a grassroots movement for change for better food policies to promote healthy, affordable, and sustainable produced foods. The dream is for bigger crowds at farmers markets and shorter lines at the fast food drive-through.

Over 100-plus national partners are involved in this movement, started by The Center for Science and the Public Interest. Sample partners include the National PTA, American Public Health Association, and Academy of Nutrition and Dietetics. This annual event involves some of the country’s most prominent food activists, united by a vision of food that is healthy, affordable, and produced with care for the environment, farm animals, and the people who grow, harvest, and serve it. The Food Day movement does not accept funding from government or industry.

The target audience is “everyone who eats.” The mission is to encourage eaters to cut back on sugar drinks, overly salted packaged foods, and fatty, factory-farmed meats in favor of vegetables, fruits, whole grains, and sustainably raised protein.

“The most important ingredient in Food Day is you! Use October 24 to start—or celebrate—eating a healthier diet and putting your family’s diet on track. Food Day is not just a day; it’s a year-long catalyst for healthier diets and a better food system. Let’s use this energy to make a meaningful and long-lasting difference!”
To learn more visit www.foodday.org or contact Food Day, 1220 L Street, NW, Suite 300, Washington, DC 20005, Phone: 202.777.8392

Enjoy these recipes from some of America’s best chefs featured in the Food Day Cookbook.

**SQUASH & MUSHROOM SALAD**  
*(ADAPTED FROM MOLTO GUSTO BY MARIO BATALI)*

1 small butternut squash (about 1 1/4 pounds), peeled, seeded, and cut into 1/2-inch pieces  
1/2 pound baby shiitake mushroom caps, left whole, or larger caps, cut into 1/4-inch-thick slices  
3 large shallots, cut into ¼-inch dice  
1/4 cup extra-virgin olive oil  
1/2 teaspoon Maldon or other flaky sea salt  
Coarsely ground black pepper  
1 tablespoon truffle oil or extra-virgin olive oil  
2 tablespoons balsamic vinegar  
Juice of 1 lemon  
1 teaspoon minced fresh rosemary  
1/4 pound cremini mushrooms, trimmed and thinly sliced

1. Preheat the broiler. Combine the squash, shiitake mushrooms, and shallots in a large bowl. Add the oil, tossing to coat. Season with salt and pepper.
2. Spread the vegetables out on a large baking sheet and broil, stirring occasionally, until the squash is slightly charred and just tender, 15 to 20 minutes. Transfer to a serving bowl.
3. Meanwhile, whisk the balsamic vinegar, lemon juice, truffle (or extra-virgin) oil, and rosemary together in a small bowl.
4. Scatter the cremini over the warm salad and add the vinaigrette, tossing to coat. Serve warm or at room temperature.

*Makes 6 servings -- Per Serving: Calories 140; Fat 9 g; Sat Fat 1.5 g; Protein 2 g; Carbs 14 g; Fiber 3 g; Cholesterol 0 mg; Sodium 170 mg.*

**HONEY-CRISP OVEN-FRIED CHICKEN**  
*(ADAPTED FROM COMFORT FOOD FIX BY ELLIE KRIEGER)*

6 skinless, bone-in chicken thighs (about 2 pounds)  
2/3 cup low-fat buttermilk  
4 cups whole-grain cereal flakes  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon cayenne pepper  
Olive oil cooking spray  
2 tablespoons honey
1. Place the chicken in a bowl with the buttermilk and toss to coat. Marinate in the refrigerator for at least 1 hour and up to 4 hours.
2. Place the cereal flakes in a food processor and process until crumbs form (you should have about 1 cup of crumbs).
3. Transfer to a shallow dish and mix in the paprika, garlic powder, salt, black pepper, and cayenne pepper.
4. Preheat the oven to 350°F. Spray a baking sheet with cooking spray.
5. Remove chicken from buttermilk, shaking off excess buttermilk from the chicken. Discard the remaining buttermilk.
6. Brush each piece of chicken with honey, then dip in the cereal crumbs, press hard so the crumbs adhere to the chicken. Place the coated chicken on the prepared baking sheet.
7. Lightly spray the top of each chicken thigh with cooking spray.
8. Bake until the chicken is crisped and cooked through, 45 to 50 minutes.

Makes 6 servings -- Per Serving: Calories 330; Total Fat 7 g; Sat Fat 2 g; Protein 34 g; Carbs 34 g; Fiber 4 g; Cholesterol 125 mg; Sodium 410 mg.

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