

NUTRITION TO NOURISH



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Good-bye, Summer; Hello, Fall!

It's been a fast few weeks since we last met, but I hope you have found ways to continue to incorporate fresh produce into your meals. If not, there is no better time to start than now so you can head into the fall and winter doing all you can to stay healthy and active no matter what the days bring.

I think I had mentioned during a class that beets are not a favorite vegetable of mine, but knowing the health benefits of them has made me want to find ways to incorporate them into what I eat. I have been mixing red and golden beets (and sometimes potatoes and carrots along with them; and turnips and fennel if I have them). I toss them with a small amount of olive oil and add a few shakes of salt and sometimes balsamic vinegar. Despite my dislike of beets (I really blame being forced to

eat canned beets growing up) ;), I have found that this way of preparing them is a great addition to my menus and adds some variety to my regular go-to veggies.

So, what are foods or health changes you've thought of recently that you'd be willing to improve? Maybe it's trying a new fruit or vegetable. Maybe it's going for a walk or bike ride more often? Maybe it's trying a new recipe that has some seasonal produce in it. No matter what it is, I encourage you to try it over the next month. It will probably be easier than you think and make you feel better than you expect.

Happy and Healthy Eating,
Mary Beth



What to Expect

Each month's newsletter will be geared toward helping you learn more about a specific food or a general nutrition topic. You will also be reading about ways to incorporate what you are learning during the month using tips and recipes to help you make better choices for better health.

Each month will also feature an "Ask the RD" column. If you have general nutrition questions (they can be cancer-related, but they don't have to be), please e-mail them to me at mlandes@augustahealth.com, and I will choose one to answer each

month. I'll e-mail you back with an answer if I don't choose yours for the newsletter.

Thank you again for participating in the Food Farmacy program, and I hope you find this helpful as your continue in your health journey.

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Special points of interest:

- Pumpkins—learn the healthy nutrients they contain and how to incorporate them into your eating with tips and recipes!

Powerhouse Pumpkins



While many people associate pumpkins with a spice—think pumpkin spice lattes, frappes, cupcakes, whipped toppings, and an assortment of other items on which the marketing world has tried to capitalize - there is actually great nutrition benefit to simply using pureed or canned pumpkin in your fall cooking and baking. Plus, you'll avoid all of the unwanted added sugars and fats from those processed pumpkin spice products and feel better eating it fresh. Your body will thank you!

more about the health benefits and how to incorporate more pumpkin into your eating patterns this fall. Grab an extra pumpkin or two when you're at the pumpkin patch, farmer's market, farm stand, or grocery store so you'll have one to carve and some to eat.

See the articles below to learn

The Great Pumpkin—Great for your Health, Great for your Taste Buds

"I'd say the first thing you need is... a pumpkin." — Fairy Godmother, Cinderella

Pumpkins are synonymous with fall, but many times we are short-sighted with our use of them in decorating and carving only. Why not get the absolute most out of them by also enjoying using them in cooking and baking? Here is a quick list of the benefits of pumpkin:

- Great for your Eyes—the vitamin A, lutein, and zeaxanthin in pumpkins is beneficial for your vision, immune system, and pro-

tecting against macular degeneration and cataracts.

- Heart Healthy—the potassium, vitamin C, fiber, and antioxidants in pumpkin can help prevent heart disease.
- Immune Booster—the vitamin C, vitamin A, and vitamin E in pumpkin will strengthen your immunity.
- Cancer-Protective Carotenoids—these powerhouses

that give pumpkin its deep orange color are also cancer protective.

- Filling Fiber—the fiber helps you feel full longer for weight management.
- Save the Seeds!! - Roasting pumpkin seeds for a snack will provide protein, fiber, and vitamin E to reduce your risk for cancer, heart disease, and prostate health.

*Source: <https://health.clevelandclinic.org>

Pushing the Pumpkin



- Roast pumpkin to have as a side dish with your meal. Add some cinnamon, nutmeg, and ginger for flavor along with a little maple syrup or honey.
- Stir pureed or canned pumpkin into chili to thicken it.
- Substitute half of the butter or oil in muffins with pumpkin.
- Add some pureed or canned pumpkin to yogurt or oatmeal and shake some cinnamon and nutmeg along with it for added flavor.
- Mix pumpkin into a smoothie or add to Greek plain yogurt with some cinnamon and 1 tsp. honey or

maple syrup for a treat.

***If needed, you can use cooked pureed butternut squash or mashed/pureed cooked sweet potatoes as replacements for pumpkin.*

Ask the RD

Question: What are good go-to meals when you are short on time but want to eat healthy?

This is a great question, and I think one that everyone has at some point. I always keep ground turkey or ground chicken in the freezer to make tacos and add some protein and phytonutrients by adding black beans. Omit the meat if you're looking for a vegan option. You can either put the meat and bean mixture in a soft

(whole wheat version if you're looking to increase fiber) or hard shell or add it to a few tortilla chips or a bed of lettuce and top these with shredded romaine or dark leaf lettuce and spinach, tomatoes, salsa, shredded carrots, and a little guacamole. Pull out some fresh fruit (apple slices, melon, or peaches—depending on what's in season) to round out the meal.

See the back page for a recipe. If you want to cut

back on the fat and carbohydrates in this recipe, omit the tortillas and chips altogether!



Wash and chop veggies before your put them in the refrigerator so they'll be fast to pull out and enjoy as a snack or to add to meals.

Spiced Pumpkin Stew Recipe

From: www.aicr.org

Ingredients

- 1 Tbsp. olive oil
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1/2 tsp. ground cumin (curry powder may be substituted)
- 1 (15 oz.) can pureed pumpkin (2 cups fresh may be substituted)
- 1 (15 oz.) can black beans, no salt added, drained
- 1 (15 oz.) can yellow corn kernels, no salt added, drained (1-1½ cups fresh or frozen may be substituted)
- 1 (14 oz.) can diced tomatoes, no salt added
- 2 cups reduced-sodium chicken broth (vegetable may be substituted)
- 1/4 cup fresh cilantro, finely chopped, divided
- Salt and freshly ground black pepper to taste
- 1/4 cup plain, low-fat yogurt, optional

Directions

In large saucepan warm oil over medium heat. Stir in peppers, onion and garlic and sauté about 6 minutes until peppers and onion soften. Stir in cumin and continue to cook 1-2 minutes.

Pour in pumpkin, beans, corn, tomatoes and broth. Add 1 teaspoon cilantro and season with salt and pepper to taste. Bring to boil then reduce heat. Cover and simmer 25 minutes.

Divide stew among four bowls and garnish with cilantro and yogurt, if desired.

Makes 4 servings.

Per 2 cup serving: 301 calories, 5 g total fat (1 g saturated fat), 57 g carbohydrate, 14 g protein, 14 g dietary fiber, 307 mg sodium.

***Find more
delicious
pumpkin
recipes at
www.aicr.org***

TACO SALAD
(FROM WWW.WELLPLATED.COM)

Serves:4

Prep: 15 minutes

Cook: 8 minutes

Total:25 minutes

Ingredients:

- 2 fajita-size flour tortillas *(or swap for corn tortillas to make gluten free)*
- 2 teaspoons [extra-virgin olive oil](#) *divided*
- 3/4 teaspoon kosher salt *divided*
- 1/2 teaspoon black pepper *divided*
- 1 pound 93% lean ground turkey
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1 head romaine lettuce *roughly chopped*
- 1 can reduced-sodium black beans (15 ounces), *rinsed and drained*
- 1 can Mexican-style corn (11 ounces), *drained*
- 2 cups cherry tomatoes *halved*
- 1 medium ripe avocado *peeled, pitted, and diced*
- 1 cup loosely packed cilantro leaves *chopped*
- 1/2 cup reduced-fat sharp cheddar cheese *shredded*
- 1/4 cup green onions *thinly sliced*

Instructions

1. Place a rack in the center of your oven, and preheat the oven to 425 degrees F. Coat a large rimmed baking sheet with nonstick spray.
2. Stack the tortillas and cut them in half, then slice each half into 1/2-inch strips. Scatter the strips in the middle of the prepared baking sheet. Drizzle with 1 teaspoon olive oil, then sprinkle with 1/4th teaspoon salt and 1/4th teaspoon pepper. Toss to coat, then spread them into a single layer.
3. Bake until golden brown and crisp, about 8 minutes, turning halfway through.
4. Meanwhile, in a large, non-stick skillet, heat the remaining 1 teaspoon olive oil, chili powder, cumin, garlic powder, and remaining 1/2 teaspoon salt and 1/4th teaspoon pepper and stir with a spoon until it is cooked through; about 5 minutes.
5. In a small bowl, stir together the salsa and Greek yogurt to make the dressing.
6. Place the romaine in a large serving bowl. Top with 1/4th cup of the salsa-yogurt dressing, corn, tomatoes, avocado, cilantro, cheese, and green onions. Toss lightly to combine and sprinkle the tortilla strips over the top. Serve immediately with remaining salsa.

Nutrition: Servings: 1 (of 4) without dressing; Calories-596; CHO-65 g; Fat-5 g; PUFA-5 g; MUFA:11 g; Trans fat-1 g; Chol-87 mg; Potassium-1699 mg; Fiber-18 g; Sugar-9 g; Vitamin C-42 mg; Calcium-236 mg; Iron-8 mg