

# COZY UP

These gorgeous globes are good for far more than decorating.

**superfood**

**PUMPKIN**

Their bright orange color is a dead giveaway that pumpkin is high in beta-carotene, an antioxidant that helps promote strong eyesight and a healthy heart, as well as prevents against certain diseases such as cancer. One cup of fresh pumpkin has 10 percent of your daily value for fiber, mostly soluble, which helps to control blood sugar, reduce cholesterol levels and keeps you feeling fuller longer. Canned pumpkin is even more concentrated and can provide up to 28 percent of fiber per cup, and is high in Vitamin A and iron. Mildly sweet, pumpkins are perfect for pureeing or mashing. Use them in baking, soups, pastas and as a healthy sub for butter or oil. To make your own pumpkin puree, begin with a cooking pumpkin. This variety is smaller, more flavorful and less stringy than carving pumpkins picked roadside during fall festivals. Since raw pumpkins can be difficult to cut, roast pumpkins whole first. Preheat your oven to 350 degrees, wash the skin and use a knife or fork to pierce the outer shell several times. Place the pumpkin in a baking dish and roast for 45 to 60 minutes, depending on the size. It's ready when it can be easily sliced through. Cut the pumpkin in half, and allow to cool. Scoop out and save the seeds, which can be roasted on their own (see below). Remove the skin and transfer pieces of pumpkin into a food processor to blend until smooth. Pumpkin will store in a sealed container in the fridge for up to a week or can be frozen and used later in your favorite pumpkin recipes.

## Creamy Pumpkin Cheese Sauce

2 tablespoons butter  
1/2 onion  
1 clove garlic  
4 tablespoons flour  
1/2 cup skim milk  
1 1/2 cups pumpkin puree  
2 oz. goat cheese  
Sprinkle to taste: salt, nutmeg, cinnamon

Melt butter in a skillet and add chopped onions and garlic. Stir in flour to create a roux. Add milk and pumpkin puree, stirring continuously. Add goat cheese until melted and combined with sauce. Sprinkle with spices to taste. Serve with one of our pasta alternatives! Makes 4 servings.

Per serving: calories 170; fat 9g; protein 6g; carbohydrate 16g; dietary fiber 4g; cholesterol 20mg; sodium 70mg; sugar 5g

## SNACK SMARTER *perfect pumpkin seeds*

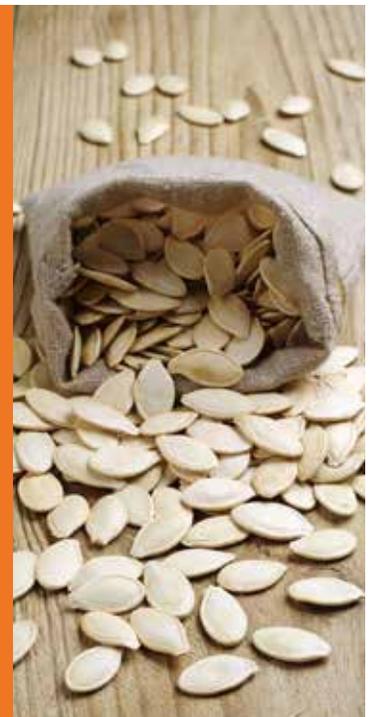
When we told you to save the seeds from your carved pumpkins or roasted pumpkin, we meant it. These little hunnies are a great source of vitamins and minerals such as vitamin E, phosphorus, and magnesium. Eat them alone as a healthy snack, in trail mix and cookies or as a topping on salads, soups, cereals or yogurt. Here's how you can make your own:

1. Line a baking sheet with parchment paper; Preheat the oven to 325 degrees.
2. Clean seeds well by removing all stringy pulp. Rinse in a colander and pat dry.
3. Toss seeds with just enough olive oil to lightly coat (1 to 2 teaspoons for an average-sized pumpkin). Sprinkle with 1 teaspoon salt and try our suggested flavor combos below.
4. Spread seeds onto baking sheet in a single layer. Roast in oven for 20 minutes, stirring halfway through. Seeds are ready when shells are slightly golden and crispy.

**SAVORY SEEDS** Add 1 tablespoon grated parmesan cheese and 1/2 teaspoon onion powder.

**SPICY SEEDS** Top with 1/2 teaspoon paprika and a pinch of red pepper flakes or cayenne.

**SWEET SEEDS** Coat with melted butter instead of oil, omit salt, and sprinkle with 1/2 teaspoon sugar, and a pinch of cinnamon.



## FOOD TRENDS



# paSta

beyond spaghetti

With summer behind us and cooler temps ahead, it's time to turn to warm and cozy comfort foods again. And, when it comes to comfort foods, pasta tops the list. But, often, old favorites like mac 'n' cheese, lasagna and spaghetti can leave you feeling tired and sluggish. Our solution? Fun veggies and protein-packed "pastas" like spaghetti squash, zucchini and beans taste amazing, and boost your fiber, vitamin and mineral intake, as well. Here are a few cool weather friends we know you will enjoy. Try them sauteed, boiled, baked or raw!

**Spaghetti squash** is nature's original pasta all-star, that requires little work or clean up and delivers a hearty fall flavor. Soften your whole squash by piercing with a fork, and then simply microwave it for about 12 minutes or roast it in an oven for 45 minutes on 350 degrees. Cut the squash in half around the center, remove the seeds (and roast them like pumpkin seeds, on front!), and use a fork to shave the "noodles" out of the skin. Voila! Instant Italian night feast.

**Zucchini noodles** (aka "zoodles") are ready in a matter of minutes with the use of a julienne cutter or spiralizer (see our reviews below on the best zoodle maker). They are great as is (raw) or sauteed in a bit of olive oil on the stove. Combine zoodles with your favorite sauce (see our fall pumpkin cheese sauce recipe on front) or layer zucchini ribbons, cheese, and sauce for a healthy twist on lasagna.

**Quinoa and whole bean** pastas are great as a high-protein, high-fiber alternative to traditional pastas. These versions (like the veggies) are naturally gluten-free. Brands such as Tolerant Foods offer two varieties: black bean and red lentil and can be found as rotini, penne and mini fettuccini so you can make simple swaps in favorite dishes. Other brands such as Explore Asian offer mung bean, organic soybean and aszuki bean varieties. This fall, expand beyond your usual comfort foods and take your pasta to the next level!

Fun veggies and protein-packed "pastas" like spaghetti squash, zucchini and beans taste amazing and boost your fiber, vitamin and mineral intake, as well.

## GO SPIRAL

The great taste of pasta, with all the benefits of veggies is a simple twist away with one of these simple tools.



### SIMPLE SPIRALIZER

**Pros:** Can make thick and thin strands; Easy to clean

**Cons:** Difficult to

spiralize end of vegetable; Veggie must be long, firm, and narrow to fit inside



### JULIENNE PEELER

**Pros:** Can use on vegetables of any size or firmness; Easy to clean

**Cons:** Only makes

very thin strands; Difficult to peel the core of the vegetable



### TRI-BLADE SLICER

**Pros:** Can make thick, thin, or ribbon-like strands; Can

use with any size vegetable  
**Cons:** Most expensive, largest, most difficult to clean



### TRY THESE FALL CUPS OF COMFORT TO WARM HEART AND HANDS...

#### HOMEMADE PUMPKIN SPICE LATTE

Start with 1 cup of hot tea. In a mug, mix together 1/2 cup milk of your choice and 3 tablespoons pumpkin puree. Microwave for 30 seconds. Stir in 1/2 teaspoon vanilla and 1 teaspoon pumpkin pie spice. In a blender, whip on high for 30 seconds. Pour tea into a large mug, add the foamy milk mixture on top. Sprinkle with cinnamon.

#### HOT COCOA

Combine 1 tablespoon cocoa or cacao powder with 1 cup warmed milk of your choice, 2 dates and a pinch of cinnamon in a high-speed blender for a thick, rich treat with benefits.

#### SPICED CIDER

Chop 12 sweet apples and 2 oranges. Place in slow cooker with 3 cinnamon sticks, 1 tablespoon cloves, 1 tablespoon allspice and 1/2 cup brown sugar. Fill with enough water to cover apples. Cover and brew on high for 12 hours.

*Eat Well Newsletter is produced and designed by CulinArt Group's Wellness Department. It is printed on recycled paper with eco-friendly plant-based inks and solvents. CulinArt Group, the largest privately held managed dining services company in the Northeast and second largest in the United States, serves more than 200 corporate, educational, and leisure clients throughout the country. For more information, visit us at [www.culinartinc.com](http://www.culinartinc.com).*

Have a nutrition question? E-mail [nutrition@culinartinc.com](mailto:nutrition@culinartinc.com).