

# New Horizon Foods Nutrition News

## October 2016 Edition

### October

#### 4 Fall Foods for Good Health



Summer's bounty of tomatoes and peaches may be over, but harvest season has its own advantages such as the following delicious fall foods. Here are 4 healthy fall foods to keep you and/or your family healthy moving into the fall weather.

#### Pumpkin

Is anything more fall-like than a pumpkin? These famously orange winter squashes are full of vitamin A, with 3 grams of fiber per ½-cup serving of cooked sugar pumpkin, plus potassium. And don't forget about roasting the seeds! Pumpkin seeds are a good source of several nutrients, including zinc, which is essential for many body processes including immune function.

Try pumpkin puree mixed into mac-and-cheese or with hummus for a seasonal spread. If you want to be really creative, add pumpkin puree to pancake batter, oatmeal, smoothies or your favorite chili.

#### Oats

Heart-healthy oats are loaded with fiber for slow-burning energy. Oats also provide vitamin B<sub>6</sub> and other nutrients which are important for growth and development and for overall health.

Warm oatmeal is a filling breakfast containing soluble fiber to help keep blood sugar levels stable. Top oatmeal with nuts and fruit for even more fiber, vitamins, minerals and antioxidants.

#### Apples

Apples are a great source of vitamin C and fiber. Make sure to eat the skin for the added fiber.

Sprinkle apple slices with cinnamon or pair with cheese or peanut butter for an easy snack. Don't forget about dinner! Apples also taste great when stewed and served with savory foods such as roasted pork.

#### Brussels Sprouts

They may be small, but Brussels sprouts are part of the powerhouse cruciferous veggie family. Each 1-cup serving of cooked Brussels sprouts provides 4 grams of fiber, is an excellent source of vitamins A, C, K, folate, and a good source of iron. They even have some protein.

You can cut whole Brussels sprouts into quarters and toss with sea salt and olive oil. Roast until crispy and you've got a tasty alternative to French

fries. If your kids are skeptical, serve the sprouts mixed with roasted sweet potato or butternut squash cubes. You can also shred them (or buy them pre-shredded) and sauté lightly then toss into your favorite pasta or rice dish.



### **Autumn Kale, Apple and Quinoa Salad**

#### **Salad Ingredients**

1/2 cup tricolor dry quinoa  
6 cups slightly packed chopped kale (it will take about 1 1/2 bunches. Remove thick ribs before chopping, 6 oz chopped)  
2 crisp sweet apples, cored and chopped\_  
1 cup walnuts or pecans, lightly toasted and roughly chopped. \*Nikki note, I caramelized the pecans with maple syrup\*  
1/2 cup dried cranberries  
4 oz goat cheese, crumbled  
Dressing  
1/2 cup olive oil  
1/4 cup fresh lemon juice  
2 Tbsp honey  
1 1/2 tsp Dijon mustard  
Salt to taste

#### **Directions**

Cook quinoa according to directions on package and cool completely. While quinoa is cooling, whisk together all of the dressing ingredients in a jar or bowl. Add kale to a salad bowl, whisk dressing once more then pour 3/4 of the dressing over kale and toss until kale is evenly coated. Cover bowl and chill 15 minutes (adding the dressing and letting it rest helps soften kale a bit).

Remove salad from refrigerator, add apples, walnuts and cranberries. Pour remaining dressing over salad then toss. Add goat cheese and toss just lightly. Serve or store covered in refrigerator for up to 4 hours.

\*Note that this salad actually does hold up really well for a few hours, but with that said I recommend dipping the apples in a lemon water solution (1 Tbsp fresh lemon juice with 1 cup water in a bowl), let apples rest in the mixture for about 1 minute then remove and drain on paper towels. This helps reduce browning if you aren't going to be eating the salad right away.

<http://www.foodnetwork.com/recipes/aarti-sequeira/massaged-kale-salad-recipe.html>



**Fall is such a beautiful time to get outdoors and get some fresh air and great exercise! Here are just a few ways to be physically active in the fall:**

- 1) Rake the yard.**
- 2) Rake a friend or neighbor's yard who is in need of help.**
- 3) Take a nature hike and look at the beautiful leaves.**
- 4) Go on a leaf hunt and collect all of the unique and beautiful leaves you find.**
- 5) Work on or help someone else work on a fall yard project.**
- 6) Take a jog around the neighborhood or place you live.**
- 7) Walk around a nearby lake. Minnesota lakes are beautiful in the fall with the leaves turning colors.**

