

OCTOBER 2020

Nutritionally Speaking

*with Renata Shiloah MS.RD.CDN
and Andrea Saenz MS. RD. CDN*

FOOD OF THE MONTH



Pumpkin is low in calories, low in fat, packed with fiber and high in Vitamin A.

Learn how to make pumpkin puree to fully enjoy pumpkin's fall flavor!

You can use the puree for pumpkin muffins, pumpkin pancakes, pumpkin soup, pumpkin pudding, pumpkin oat meal bars and more.

Learn how to make pumpkin seeds for a salty snack, topping for soups and stews, and as a topping for pumpkin muffins and salads

FUN AND SAFE LOW CONTACT HALLOWEEN

Many traditional Halloween activities can be high-risk for spreading viruses. For this year you can try participating in a safer, alternative way!

Try decorating your living space, having a virtual Halloween costume contest or try having a movie night or dinner with family members!

And if you decide to go trick or treating, always remember to wear a mask and keep social distancing!



TRICKS AND TREATS TO STAY HEALTHY

Get a healthy Halloween Spirit!

Halloween is coming! Instead of indulging your sweet tooth with chocolate and candy, try munching on a delicious, local apple or pear! It's just as satisfying, and better for your health!

Go take a hike!

As the temperatures cool, it's the perfect time to enjoy healthy fall activities! Go for a nature hike to see the leaves change colors, play a game of touch football, or go pumpkin picking!



Try a new food or recipe!

Enjoy the harvest season with delicious fruits and vegetables at peak freshness! Beans, broccoli, and brussel sprouts are available as well as pumpkins and squash. Try a new fruit or vegetable, or create a new recipe!

Flex your creative muscle!

October is the perfect time to get crafty! Carve pumpkins, create a Halloween costume, or make some silly or scary decorations. Crafting has been found to relieve stress and promote relaxation!

Pumpkins: Carve and ... EAT Them!

By: Jennifer Shea

Basic Pumpkin Purée

Preheat oven to 325° F. Cut a sugar pumpkin in half, stem to base.

Remove seeds and pulp. Cover each half with foil. Bake foil side up, 1 hour, or until tender. Scrape meat from halves and purée in a food processor or blender.

Strain to remove stringy pieces. Use in recipes or store in the freezer in freezer safe bags.

Roasted Pumpkin Seeds

Preheat oven to 350° F. Separate the seeds of a carved pumpkin and rinse the seeds to remove remaining membrane. Place seeds on a paper towel to dry for 20 minutes.

Spray a cooking sheet with nonstick cooking spray and place the seeds in a single layer on a baking sheet.

Lightly sprinkle with salt. Bake for 15-20 minutes until lightly browned.

Cool and enjoy. Store extra seeds in an airtight container.

Pumpkin Seeds are packed with iron, zinc and monounsaturated fats

DEAR RENATA & ANDREA

Dear Renata & Andrea:

I love Halloween and am excited for my upcoming costume party with my family; however I am nervous about trying to continue to eat healthy with all these tempting sugary snacks at home. How can I avoid sweets snacks, focus on my health, and still have fun with my kids? -PG

Dear PG,

There is so much to look forward to around Halloween that has nothing to do with food-costumes, decorations, games, and time spent with friends. It's easy to get into the holiday spirit while avoiding treats, and you won't find yourself feeling deprived!

As for what to munch on during Halloween day, one great option is to fill up on healthy foods like salads, vegetables and lean proteins before having Halloween party at home. Once you're full of the good stuff, you'll find you won't be as tempted by the unhealthier options.

Another trick is to make healthy snacks with your family. You can have your kids whip up some hummus or guacamole to eat with veggie sticks, air-popped corn sprinkled with a little olive oil and spices! This way, you're guaranteed to have something that will fit your healthy eating goals.

RECIPE CORNER

PUMPKIN CRANBERRY BREAKFAST BARS



Prep Time: 10 minutes **Cook Time: 45 minutes.**
Number of servings: 10 **Cook Time: 45 minutes.**
Fat: 12g **Carbs: 33g** **Protein: 7g**

Oats are incredibly nutritious whole grains! They contain large amounts of soluble fiber, which has been found to reduce LDL and total cholesterol levels.

Try this recipe with some fresh pumpkin and vegan ingredients!

Ingredients

- 1 1/2 cups rolled oats
- 1/2 cup oat flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp salt
- 1/4 cup almond butter or apple sauce
- 1/2 tsp vanilla
- 3/4 cup freshly baked pumpkin
- 1 1/4 cup almond/plant-based milk
- 2 flax "eggs"-make 10 minutes before
- 1/2 cup chopped fresh cranberries
- 2 tbsp of cacao nibs

Instructions

1. Preheat oven to 350, and line a pan
2. with parchment paper.
3. Flax two eggs.
4. Place dry ingredients into a bowl.
5. In a blender, place almond butter or vanilla, pumpkin, milk, and flax eggs. Puree until smooth.
6. Pour liquid in the center of the dry ingredients and stir in, until smooth.
7. Fold in cranberries, and pour into pan.
8. Sprinkle top with additional cranberries and cacao.
9. Bake for about 40-50 minutes, until knife inserted comes out clean

NUTRITION DEPT. EVENTS

NUTRITION WELLNESS GROUP

ZOOM

Meeting ID: 885 3021 5779

Wednesdays

EST 11:00 AM - 12:00 PM

Individual Nutrition Therapy

By appointment only

Telehealth available

Contact Renata Shiloah MS RD CDN RYT

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Check the Nutritionally Speaking with Renata Shiloah MS

RD CDN RYT Facebook Group for announcements