



**NutritionRx**  
Jennifer Broxterman

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# Nutrition Nibbles



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### A Message from Jennifer Broxterman, Registered Dietitian, Owner of NutritionRx



The days are getting shorter, the air is getting cooler, and that feeling of fall is certainly in the air! Autumn offers us a time to reflect, re-set, and create a new beginning for ourselves. It's a great time to get back into a regular exercise schedule after enjoying our summer vacations, and re-commit ourselves to a healthy eating routine.

I always enjoy pulling out my slow cooker in the fall to make some hearty stews I can freeze for an easy dinner meal when things are busy. It's also nice to enjoy the bounty of fresh, seasonal, local veggies from the Farmers Market, which can be tossed into any meal to add splashes of colour and flavour.

If you're looking to make some serious changes to your diet this fall, feel free to visit my website for some healthy meal ideas, or to set up an appointment for nutrition counselling.

[www.nutritionrx.ca](http://www.nutritionrx.ca)

**Fun Fact About Pumpkins:** the world's largest pumpkin was grown in Quebec and weighs 1,818.5 lbs!



## Did You Know...

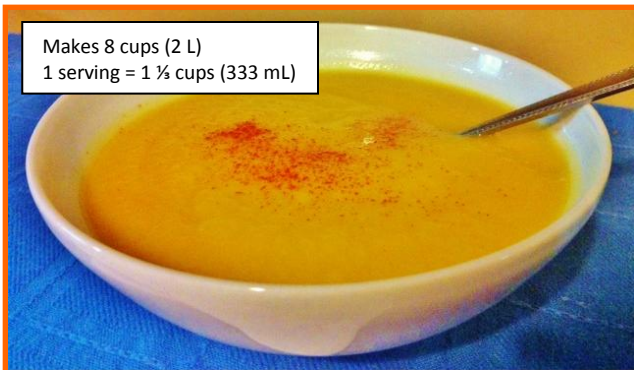
- Pumpkin is an excellent source of vitamin A.
- The pumpkin was originally from North America but is now grown all over the world!
- Pumpkin can be used to make pies, muffins, breads, casseroles, soups, smoothies, and the list goes on!
- Ontario pumpkins are in season in September and October but you can enjoy frozen or canned pumpkin all year!



# Nutrition Nibbles Recipes

Below are two tasty fall recipes to try. Need more help getting quick and nutritious dinners on the table that will satisfy the entire family? Visit NutritionRx's website for many more great recipe ideas to keep your taste buds happy this fall:

<http://www.nutritionrx.ca/category/recipes/>



Makes 8 cups (2 L)  
1 serving = 1 ½ cups (333 mL)

## Butternut Squash Soup

Butternut squash is a local winter squash that comes into season in early fall and is available throughout the winter! Squash is an excellent source of vitamins A and C, potassium, magnesium, manganese, and fiber. Use a low sodium vegetable broth in this simple and delicious soup recipe.

### Ingredients:

Olive oil	1 Tbsp	15 mL
Onion, chopped	1 medium	1 medium
Ginger, peeled & chopped	2" piece	2" piece
Garlic, chopped	3 cloves	3 cloves
Butternut squash, peeled and chopped into ¾" cubes	1 medium	1 medium
Vegetable broth	4 cups	1000 mL

### Directions:

1. Heat a large pot over medium heat. Add olive oil and onion. Cook onion until soft, about 3 minutes.
2. Add ginger, garlic, and squash; cook, stirring occasionally, until fragrant, about 6 - 8 minutes.
3. Stir in vegetable broth and bring to a boil; reduce heat and simmer until squash is tender, about 20 minutes.
4. Puree soup in two batches. When blending hot foods, remove the cap from the hole of the blenders lid and cover with a dish towel. This will allow heat to escape.

Per serving (1 ½ cup): 120 Calories, 3g fat, 2g protein, 22g carbs, 4g fibre

*Adapted from: Martha Stewart Recipes*

## Pumpkin French Toast

For those of you getting tired of the same old cereal and oatmeal, experiment with this delicious sweet and savory French toast! Canned pumpkin puree is just as nutritious as fresh, is low in calories and fat, and a good source of carotenoids, fibre, potassium, pantothenic acid, magnesium, and vitamins C and E.

### Ingredients:

Pumpkin puree	¼ cup	60mL
Eggs	4	4
Cinnamon	½ tsp	2 mL
Ground nutmeg	¼ tsp	1 mL
Milk	2 Tbsp	30 mL
Agave nectar	1 tsp	5 mL
100% whole wheat bread	4 pieces	4 pieces
Margarine	1 Tbsp	15mL

### Directions:

1. Warm ½ Tbsp margarine in a skillet over medium heat.
2. Cut bread into four small squares.
3. Whisk the pumpkin puree with the eggs, milk, and agave.
4. Add the cinnamon and nutmeg. Sink each piece of bread in the egg mixture. Flip sides. Add the egg soaked bread piece by piece into the warm skillet.
5. Cook for three minutes and then flip. Cook another two minutes. Add the other ½ Tbsp margarine to the pan and cook the remaining pieces of bread. Stack and serve warm with agave.

Per serving (1 piece, 111g): 190 Calories, 8g fat, 10g protein, 18g carbs, 4g fibre

*Adapted from: Sweet Potato Chronicles*



Makes 4 servings (444g)  
1 serving = 1 piece of French toast (111g)



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# The Value of Batch Cooking

When life gets too busy or stressful, taking the time to plan and cook healthy meals can be a huge challenge. Preparing larger portions of recipes, when you have the time, and freezing the leftovers will ensure that you have healthy meal options available during life's busiest and most stressful times.

Doubling or tripling a recipe doesn't take much more time than making just one portion. Homemade dishes can be lower in fat, calories, and salt and less expensive than takeout or a store bought frozen dinner. The ideas really are endless; you can make bulk amounts of chilli, soup, sauces, casseroles, muffins, pancakes... any dish your family enjoys! Batch cooking will save you time on cooking, dishes, and clean up during the week.

## Tips and Tricks for Freezing

- Cool cooked food quickly in the fridge in shallow dishes **before** freezing.
- Use heavy foil, freezer bags, or containers designed for freezing food to **prevent freezer burn**.
  - Leave room for expansion of liquids.
  - Squeeze all the air out of freezer bags before sealing or wrap foods tightly in foil.
- Freeze small or individual portions in one freezer bag or container and **label it** with the contents and a "use by" date.
- Frozen food should be kept at  $-18^{\circ}\text{C}$ . Use a thermometer to check the temperature of your freezer.
- Avoid overloading your freezer and leave some space between packages for cool air to circulate.



Food	Freeze for no longer than:
Leftovers - meat and vegetables	2-3 months
Soups	4 months
Most vegetables and fruit	12 months
Breads	2 months
Milk	6 weeks
Ground meat	2-3 months
Beef, roast or steaks	10-12 months
Chicken pieces	6 months
Fatty fish (salmon)	2 months

Try making both of the featured recipes in this **Fall Nutrition Nibbles Newsletter** in bulk! Frozen French toast can be reheated in the toaster for a quick breakfast option!

## Defrosting Food Safety

Never thaw food at room temperature. Instead use:

- **Refrigerator** - use food within 3 days once thawed.
- **Microwave** - then cook it right away.
- **Cold water** - fill the sink and change the water periodically as it gets warm.

**Remember to reheat leftovers to a safe internal temperature of  $74^{\circ}\text{C}$  ( $165^{\circ}\text{F}$ )**

# Adding Leafy Greens to Your Diet

Leafy green vegetables are tasty, nutritious, and an important component of a healthy diet. Canada's Food Guide recommends that you eat at least one serving of dark green vegetables everyday! Are you getting enough of them?

Most people know they should be consuming leafy green vegetables, but what are they, how do you prepare them, and how do you incorporate them into your diet?

## What is a serving of leafy greens?

1 cup (250 mL) raw  
½ cup (125 mL) cooked

These nutrient packed vegetables have about 10-35 Calories per serving and are rich in folate, vitamin A, calcium, and vitamin C. Since they are low in calories and high in nutrients, they are a '**nutrient dense**' food choice. They are also high in fibre and naturally low in fat and sodium!

## Add Leafy Greens to Your Favourite Dishes!

- Finely chop kale, spinach, or Swiss chard and add to tomato or meat sauce.
- Make a pesto using spinach or arugula and use on pasta, chicken, or pizza.
- Add any chopped greens to a stir-fry near the end of the cooking time.
- Chop and add to vegetable soups, stews, or chilli.
- Fold cooked greens into an omelet or frittata.
- Make salads with arugula, baby spinach, mesclun mix, watercress, or baby mustard greens. Even try making one of these delicious salads (visit [www.nutritionrx.ca/category/recipes/](http://www.nutritionrx.ca/category/recipes/) for full recipe):
  - **Arugula Pear and Walnut Salad**
  - **Bok Choy Salad**
  - **Kale Hemp Salad with Nutritional Yeast**
- Blend fresh or frozen greens into your favourite fruit smoothie (don't be alarmed by the colour!).
- Add tender greens such as watercress, baby spinach, or arugula to sandwiches, pitas, and wraps.
- Try making **Homemade Kale Turkey Burgers!** For the recipe visit :[www.nutritionrx.ca/homemade-kale-turkey-burgers/](http://www.nutritionrx.ca/homemade-kale-turkey-burgers/)



## Common Leafy Greens

Arugula	Kale
Beet greens	Mustard greens
Bok Choy	Rapini
Collard	Swiss chard
Dandelion greens	Watercress

## Enjoy leafy greens as a side dish!

Start by washing thoroughly and then trim the toughest parts of the stems. **Steam, stir-fry, broil, or braise** the greens and serve with equal parts of olive oil and balsamic vinegar drizzled over the top with a pinch of pepper. You can tell leafy greens are cooked once they are wilted and bright in colour.

## Nutrition Nibbles Contributors

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# THANK YOU



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