

OUR HEALTHY HEART

NEWSLETTER



NOVEMBER 2010

VOLUME 2, ISSUE 3

IN THIS ISSUE:

Healthy Harvest Foods



Vegetable and Fruit Tips



Enjoy the Outdoors!



Heart Healthy Recipe Low Fat Pumpkin Bread



Thanksgiving Trivia

Bountiful and Delicious: Healthy Harvest Foods Bring Color and Nutrition to the Table

When you think about autumn, you most likely envision the beautiful orange, yellow, and red hues of the season. Stroll down the produce aisle of your grocery store and discover those same vibrant colors in the form of seasonal vegetables and fruits, such as pumpkins, squash, and apples. Best of all, these harvest foods also are packed with nutritional value. Try some new and different varieties of fall produce this year and you might be surprised what healthy discoveries you find along the way!

Vegetable and Fruit Tips

Thoroughly wash all vegetables and fruit before eating or cooking to destroy any bacteria and to remove any pesticides or herbicides from their surfaces.

Select produce without soft spots, blemishes, or cuts.

Eat fruits and vegetables fresh or lightly cooked to obtain the most nutrient value. Avoid boiling when possible—this pulls some nutrients away from the foods and into the cooking water.

Experiment with a variety of spices, herbs, and cooking methods.

Enjoy the Outdoors!

Autumn's cool weather and beautiful foliage is a call from nature to get outside, enjoy the scenery, and get physically active. Here are some good ideas for you and your family to get out and get moving!

- Pack a picnic lunch and head out to your nearest state park for a day of hiking, cycling, canoeing, or just enjoying the great outdoors.
- Stroll through your local Botanical Gardens and enjoy the fragrant fall season.
- Visit a local "pick your own" farm and burn some calories while picking your own fruit and vegetables. See if there is one in your area!
www.pickyourown.org
- Hit the local farmer's market Saturday morning for the freshest finds!

Recipe for a Healthy Heart

LOW FAT PUMPKIN BREAD

Yields 2 loaves; 12 servings per loaf (serving size: 1 slice)

Ingredients:

3 1/3 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground allspice
2 cups granulated sugar
1/2 cup egg substitute
1/2 cup canola oil
1/2 cup low-fat buttermilk
2 large eggs
2/3 cup water
1 (15-ounce) can pumpkin
Cooking spray
1/3 cup chopped pecans

Preparation:

- Preheat oven to 350 degrees.
- Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.
- Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl; beat with a mixer at high speed until well blended.
- Add 2/3 cup water and pumpkin, beating at a low speed until blended.
- Add flour mixture to pumpkin mixture, beating at low speed just until combined.
- Spoon batter into 2 (9x5-inch) loaf pans coated with cooking spray. Sprinkle pecans evenly over batter.
- Bake at 350 degrees for 1 hour or until a wooden pick inserted in center comes out clean. (May need to put aluminum foil over top of bread after 50 minutes of baking to prevent overbrowning).
- Cool 10 minutes in pans on wire rack; remove from pans.
- Cool completely on wire rack.

Nutritional Information: Kcal: 198; Fat: 6.6 g (Sat: 0.7), Protein: 3.4g, Carbs: 32.2 g; Fiber: 1.2g; Cholesterol: 18mg; Sodium: 287mg; Calcium: 53mg

Recipe obtained from www.myrecipes.com

Thanksgiving Trivia



Q: What foods were served at the first Thanksgiving?

A: Deer, codfish, and boiled pumpkin

Q: What food did the pilgrims have available on Thanksgiving but not eat because they thought it was poisonous?

A: Potatoes

Q: The first Thanksgiving lasted how long?

A: 3 days

