

Peach Crisp

Nectarines may be substituted for peaches.

Mixture:

- 8 peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg (optional)
- 3 tablespoons brown sugar
- 1 tablespoon cornstarch or unbleached flour

Topping:

- 1 cup rolled oats (not quick oats)
- 1/2 cup brown sugar
- 1/3 cup flour
- 3/4 teaspoon cinnamon
- 5 tablespoons butter, cut into small pieces

1. Preheat oven to 375 degrees. Lightly oil an 8 x 8 inch pan.
2. In a large bowl mix peaches, cinnamon, nutmeg, brown sugar, and cornstarch or flour.
3. Pour peach mixture into backing pan and set aside.



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4. In the same bowl, mix oats, sugar, flour, cinnamon and butter. Combine until evenly mixed.
5. Spread oat mixture on top of peaches. Bake for 40-45 minutes, until lightly browned.

Serves 8

Nutrition Facts for One Serving

(serving size is 1/4 cup)

261 Calories	10g Fat	5g Saturated Fat	21mg Cholesterol
83mg Sodium	41g Carbohydrates	5g Fiber	5g Protein

A great source of vitamins C & A, magnesium, and iron.

Pumpkin Sweet Bread

This recipe uses fresh pumpkin and is low in fat and calories.

1-1/2 cups unbleached flour	1 cup canned or fresh pumpkin (1 small), mashed*
1 teaspoon baking powder	
1 teaspoon cinnamon	1 egg
1/2 teaspoon nutmeg	1 egg white
1/4 cup raisins (optional)	1/4 cup vegetable oil
1/4 teaspoon salt (optional)	1/2 cup brown sugar

1. Preheat oven to 400 degrees. Lightly oil a 9 x 5-inch bread pan.
2. In a large bowl, combine flour, baking powder, cinnamon, raisins, and salt.
3. In a medium bowl, combine pumpkin, eggs oil, and sugar. Stir until well combined.
4. Add pumpkin mixture to the flour mixture. Stir until evenly mixed. Pour into the bread pan.



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5. Bake 45 minutes or until knife stuck into bread comes out clean.

* To make mash: **Bake:** Cut pumpkin into several pieces and scoop out inner lining and seeds. Place pumpkin cut side down on baking pan with 1/4 inch of water in pan. Bake uncovered for 45 minutes, until very soft. Let cool. Scoop out and mash. **Boil:** Cut into 1-inch pieces. Boil for 10-15 minutes, until very soft. Scrape off pumpkin from skin and mash.

Serves 10-12

Nutrition Facts for One Serving

(serving size is one 1/2-inch slice)

170 Calories	6g Fat	1g Saturated Fat	21mg Cholesterol
112mg Sodium	26g Carbohydrates	< 1g Fiber	4g Protein

A good source of vitamin E and iron.

Spiced Pumpkin Butter

This recipe is a sweet, low-fat spread that is delicious on toast, pancakes, or muffins

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| 2 cups canned pumpkin or fresh pumpkin (1 small) mashed* | 1/4 teaspoon nutmeg |
| 1/2 cup honey | 1/4 teaspoon ginger powder |
| 1 tablespoon lemon juice | 1/8 teaspoon ground cloves |
| 1 teaspoon cinnamon | 1/4 teaspoon salt |

1. Mix pumpkin, honey, lemon juice, and spices in a saucepan. Bring to a boil, and then reduce heat to a gentle boil. Cook for 35-40 minutes, uncovered, stirring often.
- 2 Mixture should be thicker than applesauce when ready. Spoon hot mixture into glass jars and refrigerate.



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- * To make pumpkin mash: **Bake:** Cut pumpkin into several pieces and scoop out inner lining and seeds. Place pumpkin cut side down on baking pan with 1/4 inch of water in pan. Bake uncovered for 45 minutes, until very soft. Let cool. Scoop out and mash. **Boil:** Cut into 1-inch pieces. Boil for 10-15 minutes, until very soft. Scrape off pumpkin from skin and mash.

Makes about 2 cups

Nutrition Facts for One Serving

(serving size is 2 tablespoons)

26 Calories
25mg Sodium

0g Fat
7g Carbohydrates

0g Saturated Fat
< 1g Fiber

0mg Cholesterol
< 1g Protein

A good source of vitamins A and C.

Red Pepper and Broccoli Salad

This crisp, green salad leaves out the lettuce, but isn't missing a thing.

3/4 cup red or cider vinegar

1/2 teaspoon black pepper

1 teaspoon dried oregano or basil

1/4 teaspoon cayenne powder (optional)

6 green or 1 small onion, finely chopped

3 red peppers, thinly sliced

1 head broccoli, cut into

bite-sized pieces

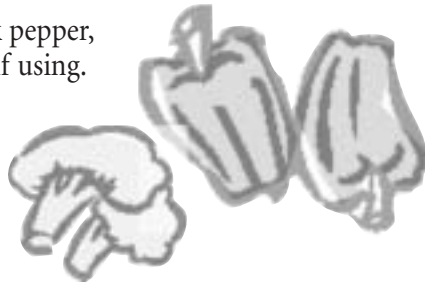
4 cucumbers, thinly sliced

1/2 cup fresh parsley, chopped

or 3 teaspoons dried

1. In a large bowl, combine vinegar, black pepper, oregano or basil, and cayenne pepper, if using. Mix well.

2. Add onions, peppers, broccoli, and cucumbers. Gently mix to coat. Sprinkle with parsley.



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3. Ready to serve or refrigerate for an hour for more flavor.

Serves 6

Nutrition Facts for One Serving

(serving size is 1 cup)

71 Calories

1g Fat

< 1g Saturated Fat

0mg Cholesterol

17mg Sodium

16g Carbohydrates

4g Fiber

3g Protein

A great source of many vitamins and minerals including vitamins K, C, & B-6, folate, iron, magnesium, calcium, and potassium.

Roasted Pumpkin Seeds

Save the seeds from your Jack O' Lanterns or other winter squashes for a crunchy snack or to sprinkle over baked vegetables.

2 cups pumpkin seeds (1 medium pumpkin)

1 tablespoon vegetable oil

Seasoning ideas: Cayenne pepper, garlic, cinnamon, or nutmeg and cloves

1. Preheat oven to 250 degrees or microwave.
2. Cut the top off a pumpkin.
3. Scoop out seeds into bowl. Rinse off large chunks of pulp and strings. Some pulp will be left on seeds, this will add more flavor.
4. Add oil to seeds and mix to coat. Lay seeds on a baking sheet and season with choice of spices. Bake for 1/2 hour, stir, then continue cooking for another 1/2 hour. Seeds are done when crunchy and golden.

Serves 8



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Nutrition Facts for One Serving

(serving size is 1/4 cup)

202 Calories	21g Fat	3g Saturated Fat	0mg Cholesterol
6mg Sodium	5g Carbohydrates	1g Fiber	9g Protein

A great source of healthy, unsaturated fat, zinc, iron, and magnesium.

Robin's Ratatouille

This vegetable loaded, Italian dish uses eggplant, zucchini, tomatoes, mushrooms and peppers.

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| 1 medium eggplant, whole | 3 zucchinis cut into 1/4-inch thick rounds |
| 1 tablespoon vegetable or olive oil | |
| 1 medium onion, finely chopped | 2 cups mushrooms, wiped clean (not rinsed), stems trimmed, sliced |
| 2 cloves garlic, finely chopped
or 1/4 teaspoon garlic powder | 1/2 teaspoon salt |
| 1 green or red pepper, chopped | 3/4 teaspoon black pepper |
| 4 tomatoes, cut into wedges | 2 tablespoons fresh basil, chopped
or 2 teaspoons dried |

1. Preheat oven at 350 degrees.
2. Poke a few holes into eggplant with a fork or knife. Place eggplant on a baking pan and bake for 45 minutes; or microwave on high for 10 minutes.
3. Remove eggplant when very soft. Carefully cut open and let cool. Scoop out filling into a bowl. Set aside.



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4. In a large pan, heat oil. Cook onion and garlic for 3 minutes over medium heat, until soft.
5. Add the eggplant filling, pepper, tomatoes, zucchini, and mushrooms. Cook on low heat for 10 minutes, covered.
6. Add black pepper and salt and cook for 2 more minutes. Remove from heat and stir in basil.

Serves 6

Nutrition Facts for One Serving

(serving size is 1 cup)

95 Calories	3g Fat	< 1g Saturated Fat	0mg Cholesterol
209mg Sodium	16g Carbohydrates	5g Fiber	4g Protein

A good source of B-vitamins including folate, vitamins E, C, A, & K, magnesium and potassium.