

# Eat Smart New York!



Produced By Cornell Cooperative Extension

## Hearty Fall Vegetables

The first frost of the year is in sight and the food we crave turns from light, summer foods to more hearty, stick to your ribs type foods. In Western New York we are lucky to grow lots of these hearty fall vegetables and now is the time to stock up on them at farmers' markets and road side stands. Hearty fall vegetables include potatoes, sweet potatoes, turnips, rutabagas, parsnips, winter squash and beets. Many of these foods will keep for a number of weeks in a cool, dry location like a basement. Just make sure you don't keep them in a plastic bag because it may be too moist and the vegetables may rot. All of these vegetables are low in calories and low in fat. Potatoes and sweet potatoes are good sources of fiber and potassium, which helps keep your blood pressure normal. Beets are the sweetest vegetable and can be boiled or roasted. Store them without their green tops. Beets are a good source of folic acid, important for heart health and in pregnancy.

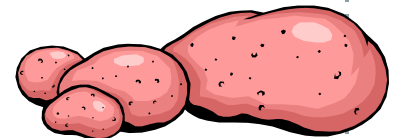
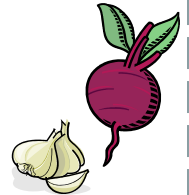
Turnips and rutabagas are similar but rutabagas are larger, have yellow flesh and are somewhat sweeter than turnips. Winter squash come in many varieties and most are good sources of vitamin A, vitamin C and potassium. Most winter squash are baked in the oven with their skins on.



### Roasted Root Vegetables

Makes 4 servings

- 4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes)
- 2 chopped carrots
- 1 medium chopped onion
- 3 cloves of garlic peeled
- 1 tablespoon canola oil
- 3 tablespoons Parmesan cheese
- 1 teaspoon dried rosemary



#### Directions:

1. Preheat oven to 350 degrees.
2. Cut root vegetables, carrots and onions into large chunks.
3. Place vegetables and garlic in a medium bowl and pour oil over top. Add rosemary and Parmesan and mix well.
4. Spread in an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

\*\*Nutrition Facts: Serving Size – 1/4 recipe, 160 Calories, 45 Calories from Fat, 5g Total Fat, 28% Calories from Fat, 1g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 125mg Sodium, 26g Total Carbohydrate, 6g Dietary Fiber, 8g Sugars, 4g Protein, 130% Vitamin A, 10% Calcium, 50% Vitamin C, 6% Iron

Adapted From: Montana Extension Nutrition Education Program Website  
Recipes, Montana State University Extension Service

# Fall Recipes



## Rutabaga Pancakes

Makes 8 servings

Serve these as a side dish with pork chops, turkey or baked chicken

- 1 egg
- 2 tablespoons fat-free milk
- Pepper to taste
- 2 cups rutabagas, peeled and grated
- 1/2 cup onion, chopped
- Non stick cooking spray



### Directions:

1. Mix together egg, milk and pepper. Stir in grated rutabaga and onion.
2. Spray skillet with non-stick cooking spray. Put a small amount of the rutabaga mixture into the skillet to form a pancake. When bottom is brown, turn over and brown the other side.

\*\*Nutrition Facts: Serving Size – 1 pancake, 25 Calories, 5 Calories from Fat, 0.5g Total Fat, 20% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 25mg Cholesterol, 20mg Sodium, 4g Total Carbohydrate, 1g Dietary Fiber, 3g Sugars, 1g Protein, 0% Vitamin A, 2% Calcium, 15% Vitamin C, 2% Iron

From *The Market Basket Fresh Fruit and Vegetable Guide*. Book reproduced with permission from Maine Department of Human Services WIC program by New York State WIC Program and Farmers' Market Nutrition Program



## Autumn Squash Bisque with Ginger

Makes 4 servings

- 2 teaspoons vegetable oil
- 2 cups chopped onions
- 2 pounds winter squash, peeled, seeded, and cut into 2 inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced (or 1 can sliced pears, drained and chopped)
- 2 cloves garlic, peeled and crushed
- 2 tablespoons coarsely chopped, peeled fresh ginger or 1 tsp powdered ginger
- 1/2 teaspoon thyme
- 4 cups fat-free, reduced sodium chicken or vegetable broth
- 1 cup water
- 1 tablespoon lemon juice
- 1/2 cup plain nonfat yogurt



### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring for 1 minute.
4. Add broth and water; bring to a boil.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a food processor or blender. (If using a blender, follow manufacturer's directions for pureeing hot liquids.) You can also use a potato masher but soup will not be as smooth.
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.

\*\*Nutrition Facts: Serving Size – 1 cup, 100 Calories, 15 Calories from Fat, 2g Total Fat, 15% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 320mg Sodium, 19g Total Carbohydrate, 3g Dietary Fiber, 9g Sugars, 3g Protein, 25% Vitamin A, 6% Calcium, 30% Vitamin C, 4% Iron

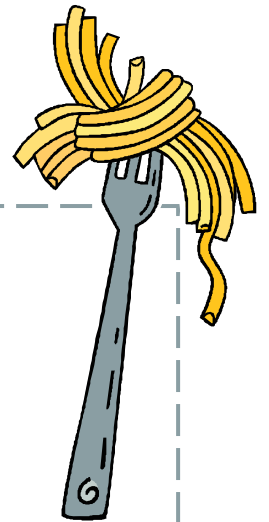
Source: Adapted: Tufts University Health and Nutrition Letter, November 2004 by Oregon State University Extension Service.



## Healthy Whole Wheat Pasta

Pasta is a healthy, inexpensive choice for feeding your family. As we see the price of groceries increase each time we head to the store, consider adding whole wheat pasta to your family's meals. Whole wheat pasta comes in all shapes and sizes and due to demand, the price has decreased over the past few years. Different brands of whole wheat pasta may have different flavors. If you try one brand your family is not wild about, try another brand or ask your Cornell Cooperative Extension nutrition educator what is her favorite brand. Can't make the leap to using whole wheat pasta? Trying using half whole wheat pasta and half white pasta in the next pasta dish you make. Or, buy a whole wheat blend pasta. Chances are your family will not even taste the difference.

*Try whole wheat pasta  
in this recipe:*



### Pasta Ratatouille

*Makes 12 servings*

- |                                      |  |
|--------------------------------------|--|
| 6 cups water                         | 3 medium tomatoes, cubed or 2 - 14oz can<br>diced tomatoes |
| 1 pound whole wheat pasta            | 5 cloves garlic, finely chopped                            |
| 2 tablespoons vegetable oil          | 1 1/2 teaspoons salt                                       |
| 1 large onion, chopped               | 1/2 teaspoon pepper  |
| 2 medium green bell peppers, chopped | 2 teaspoons dried basil                                    |
| 3 small zucchini, cubed              | 1 cup Swiss cheese, shredded                               |
| 1 small eggplant, cubed              |  |

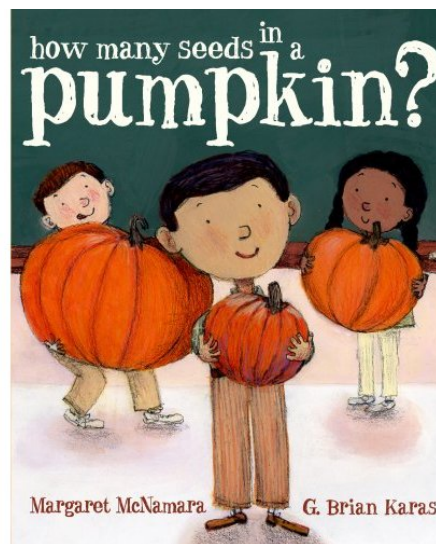
#### Directions:

1. Bring water to a boil in a large pot, add pasta and cook until tender, about 10 minutes, drain.
2. Heat oil in a large skillet over medium heat. Add onion and stir constantly about 4 minutes.
3. Stir in bell pepper, zucchini, and eggplant. Increase temperature to high and cook 7 minutes.
4. Stir in tomatoes, garlic, salt, pepper and basil; continue to cook another 3 minutes or until vegetables are crisp-tender.
5. Serve over pasta.
6. Top with Swiss cheese.

\*\*Nutrition Facts: Serving Size – 1 cup, 220 Calories, 50 Calories from Fat, 6g Total Fat, 23% Calories from Fat, 2g Saturated Fat, 0g Trans Fat, 10mg Cholesterol, 125mg Sodium, 36g Total Carbohydrate, 6g Dietary Fiber, 3g Sugars, 9g Protein, 10% Vitamin A, 10% Calcium, 45% Vitamin C, 10% Iron

# KORNER IDIS

This month read "How Many Seeds in a Pumpkin" by Margaret McNamara and G. Brian Karas. Once you have read the book, get your pumpkin ready for carving. Before starting, have your child guess how many seeds there are in your pumpkin. Once you've finished carving your pumpkin, toast the seeds and enjoy them as a tasty treat!



## To Toast Pumpkin Seeds:

- Separate the seeds from the stringy pumpkin flesh.
- Rinse the seeds well and pat dry.
- Place the seeds in a single layer on a baking sheet.
- Spray the seeds with non-stick cooking spray and sprinkle with salt.
- Bake at 325 degrees for 15-20 minutes and stir them often so they do not burn.
- Cool and store in an airtight container.

Distributed by:

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