

Sweet & Savory Pumpkins

The **PUMPKIN** is a rich winter squash versatile enough to puree, chop, bake, sauté, boil, mash, and more. Swap puree for oil in cookies and baked goods, stir up a creamy pumpkin soup, or sauté into a number of delicious dishes for a burst of seasonal flavor.

Recommended Varieties

Jack be Little – ideal for a holiday table setting

Autumn Gold – great for carving & decorating

Sugar Treat – perfect for cooking & baking

- **Low calorie** (1 cup puree = 83 calories and 1g fat)
- **Great for vision** (high in Vitamin A)
- **Keeps you full longer** (3g fiber per 1 cup serving)
- **Heart healthy** (pumpkin seeds help reduce LDL)
- **Workout friendly** (Vitamin C supports tissue repair; 1 cup puree = more potassium than a banana)
- **Overall health booster** (calcium, iron, and other minerals support bone health, immunity, and nervous system function)

Wild Rice and Pumpkin Gratin

Serves 6

A fabulous dish when pumpkins are at their peak, this recipe is a flavorful way to add healthy lutein and beta-carotene to your diet.

Ingredients:

- 1 two-pound pumpkin peeled, seeded, and cut into 1-inch cubes
- ¾ cup wild rice
- 1 cup shredded Gruyère cheese
- ¼ cup all purpose flour
- 2 cloves garlic, finely sliced
- 1 bunch fresh chopped thyme
- 3 tablespoons dried breadcrumbs
- 3 tablespoons olive oil
- 1 pinch freshly grated nutmeg
- salt and pepper to taste

Directions:

Preheat oven to 325°F. Oil a 7 x 9-inch baking dish. Place pumpkin cubes in a large bowl. Scatter the wild rice, cheese, flour, and garlic over the top. Sprinkle with thyme, salt, pepper, and nutmeg. Toss all of the ingredients together, making sure the pumpkin cubes are well coated. Top with breadcrumbs and drizzle with olive oil. Bake until pumpkin is tender and top is golden brown (about 30 minutes). If the top has not browned sufficiently, raise oven temperature to 425° and bake another few minutes. Remove from oven and serve hot.

Nutrition Facts (per serving):

Calories – 300	Carbohydrate – 33g
Total Fat – 15g	Dietary Fiber – 3g
Saturated Fat – 5g	Sugar – 3g
Sodium – 102mg	Protein – 12g

From Nutrition World
nutritionw.com



Pumpkin Seed Pesto

Makes 2 ½ cups

This thick and fragrant pumpkin seed pesto featuring roasted pumpkin seeds, olive oil, cilantro, and garlic is a versatile sauce for your repertoire. Try it on sandwiches, tossed with hot pasta, or served over roasted or steamed vegetables.

Ingredients:

- 2 cups unsalted hulled (green) pumpkin seeds
- 6 tablespoons extra-virgin olive oil, divided
- salt and pepper to taste
- ¼ cup water
- 2 tablespoons fresh lemon juice
- 3 cloves garlic
- 1 cup roughly chopped fresh cilantro

Directions:

Preheat oven to 375°F. Toss pumpkin seeds with salt and 2 tablespoons oil, then spread out in a single layer on a large baking sheet. Roast until seeds are puffed and fragrant, 10 to 15 minutes, then set aside to let cool. Combine seeds in a food processor with water, lemon juice, garlic, cilantro and remaining 4 tablespoons oil. Pulse until mixture forms a coarse paste, then season with salt and pepper. Cover and chill until ready to use.

Nutrition Facts (per serving):

Calories – 140	Carbohydrate – 2g
Total Fat – 13g	Dietary Fiber – 1g
Saturated Fat – 2g	Sugar – 0g
Sodium – 60mg	Protein – 4g

From Whole Foods Market
wholefoodsmarket.com



Haitian Pumpkin Soup

Serves 8

Haitian households celebrate their country's Independence Day (January 1) with bowls of this comforting soup.

Ingredients

- 2 pounds (1-inch) chunks seeded pumpkin (about 7 cups)
- 10 cups water
- ½ teaspoon fine sea salt
- ½ teaspoon ground black pepper
- 2 jalapeño or serrano peppers
- 10 whole cloves
- 4 carrots, peeled and sliced
- 2 turnips, peeled and cut into small chunks
- ½ small head green cabbage, cored and roughly chopped
- ½ teaspoon ground nutmeg
- 3 tablespoons lemon juice
- ¼ pound vermicelli or capellini
- ¼ cup chopped parsley

Directions:

Put squash, water, salt, and pepper into a large pot. Stud peppers with cloves by pushing them halfway into the flesh, then add peppers to pot, cover and bring to a boil. Reduce heat to medium-low, cover and simmer until squash is very tender, 15 to 20 minutes. Transfer peppers to a small bowl and set aside. Working in batches, puree remaining contents of pot in a blender or food processor until smooth. Return pureed squash mixture to the pot along with peppers. Add carrots, turnips, cabbage, nutmeg, lemon juice, salt and pepper, cover and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes. Stir in vermicelli and parsley, cover again and simmer gently until pasta is tender and soup is thickened, about 10 minutes more.

Nutrition Facts (per serving):

Calories – 150	Carbohydrate – 35g
Total Fat – 0.5g	Dietary Fiber – 6g
Saturated Fat – 0g	Sugar – 9g
Sodium – 220mg	Protein – 5g

From Whole Foods Market
wholefoodsmarket.com

Pumpkin Butter

Serves 8

Try this trick for adding pumpkin pie flavor (without all the calories and fat from pie) to toast, smoothies, oatmeal, cookies, lattes, and more.

Ingredients

- 2 ½ cups pumpkin purée
- ¼ cup brown sugar
- 1 tablespoon vanilla extract
- 1 ½ cups fresh apple cider
- 1 tablespoon freshly grated ginger
- ½ teaspoon ground nutmeg
- 1 teaspoon cinnamon
- ¼ teaspoon all spice

Directions:

In a medium sauce pan, combine all ingredients and bring to a boil. Reduce heat, cover, and simmer for 30 to 40 minutes or until thickened. Store in an airtight container in the fridge.

Nutrition Facts (per serving):

Calories – 81	Carbohydrate – 19g
Total Fat – 0g	Dietary Fiber – 2g
Saturated Fat – 0g	Sugar – 9g
Sodium – 8mg	Protein – 1g

From Nutrition World
nutritionw.com



Announcing the 2014 CIRCLE OF RED SOCIETY



Pictured left to right (front row): Twila Layne, Danna Bailey, Leanna Young, Diane Patty, Carol George, Allison Cromie, Laura Ketcham, Marnie Hemphill
Pictured left to right (back row): Kim Hobson, Dana Perry, Corinne Henderson, Laura Wendt, Jennifer McIntyre (Chair), Julia Dooley

Not pictured: Dr. Melanie Blake, Paula Brockhoff, Diane Guffey, Carla Raynor, Heather Sveadas, Edna Varner



nationally sponsored by
★ macy's



The Circle of Red Society is a local group of women who serve as ambassadors and fundraisers for the Go Red for Women campaign here in Chattanooga. These women dedicate their time and passion to helping the American Heart Association educate women that cardiovascular diseases are their number one health threat.

Did you know that more women die each year from Cardiovascular diseases than from all forms of cancer combined? Get Involved: 423.763.4403