



Nutrition Newsletter

Recipe Ideas

Pumpkin Muffins

Total Time: 30 minutes

Servings: 12

Ingredients

- 1/3 cup oil
- 1/2 cup maple syrup/honey or sugar
- 2 eggs
- 1 cup pumpkin puree (can be made at home with a blender)
- 1/4 cup milk of choice
- 1 teaspoon pumpkin spice blend (or 1 tsp ground cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, 1/4 tsp allspice or cloves)
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1.75 cups flour
- 1/3 cup old-fashioned oats

Directions

1. Preheat oven to 325 degrees F.
2. In a large bowl, beat the oil and maple syrup together with a whisk, add the eggs, and beat well. Add pumpkin puree, milk, spice, baking soda, vanilla, and salt.
3. Add the flour and oats to the bowl and mix with a spoon.
4. Divide the batter evenly among the muffin cups. Bake for about 22-25 minutes, or until a toothpick inserted into the muffin comes out clean.

Did You Know?

Pumpkin

- Is in season in October (easier to find at grocery stores!)
- Is a source of:
 - Fibre
 - Vitamin A (important for eye health!)
 - Vitamin K (important for blood health!)
- Is safe to eat in small amounts or with a protein or fat if you have diabetes (aim for about 1 cup)
- If you are watching your potassium, enjoy pumpkin occasionally and aim for 1/2 cup or less
- Storage tips:
 - To keep pumpkins fresh, make sure the green stem stays on the pumpkin until you are ready to carve or eat it!
 - Leaving a pumpkin out in the sun for 10 days "cures" it so that it's skin is harder and less likely to be damaged
 - After pumpkins are cured, you can store them in a cool, dry place, ideally on a piece of cardboard so the bottom of the pumpkin has airflow.
 - Once you are ready to eat or cook the pumpkin, store any leftover pieces in the fridge or freezer with the seeds removed





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Recipe Ideas

Roasted Maple Cinnamon

Pears

Total Time: 20 minutes

Servings: 4

Ingredients

- 2 medium fresh pears
- 1/2 tablespoon maple syrup (or 2 tsp sugar)
- 1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Cut pears in half and scoop out the core.
3. Place pears on baking sheet, then drizzle with maple syrup and sprinkle with cinnamon.
4. Bake for 20 minutes, serve warm.

Other Ideas

- Add pears to salads
- Use in desserts - crumbles, pies, cakes, cookies
- Make into a jam
- Add to smoothies
- Use in muffins

Recipe from: <https://www.davita.com/diet-nutrition/recipes/desserts/roasted-maple-cinnamon-pears>

Did You Know?

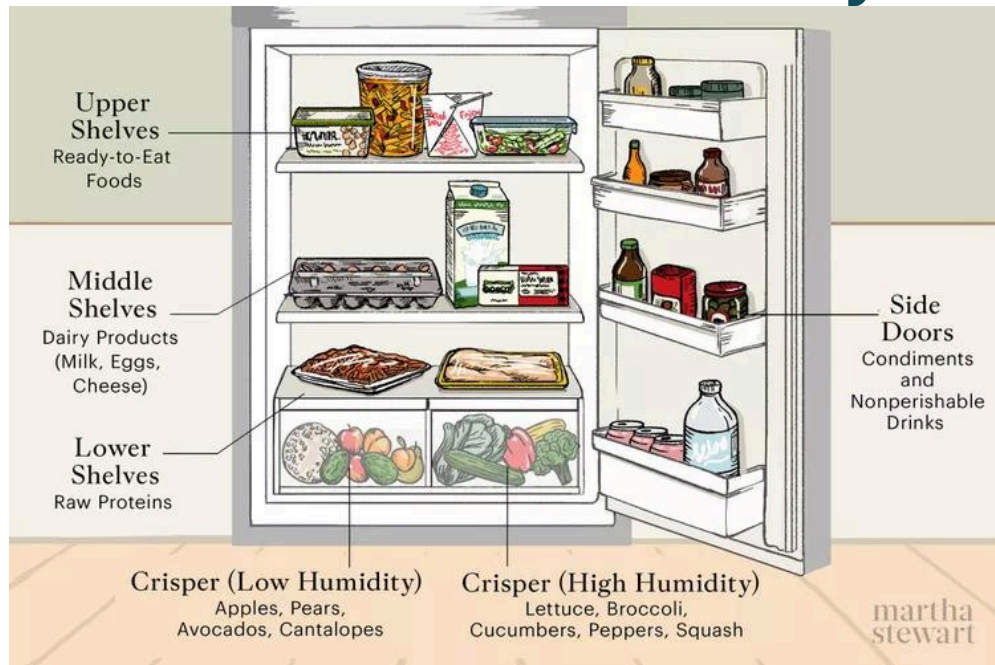
Pears

- Are in season in October (cheaper at the grocery store!)
- Are a source of:
 - Folate (important for healthy blood)
 - Vitamin C (helps grow and repair body tissues)
 - Potassium (helps your heart beat and your muscles work)
- Are safe to eat if you have diabetes. Limit to 1 fresh pear (not canned with syrup) or canned pears in *water*.
- Are high in potassium. Check with your dietitian about how to include pears in your diet.
- Storage tips:
 - Store unripe (firm) pears at room temperature to help them ripen. It's best to store them whole, not cut.
 - Store ripe pears in the fridge to keep them fresh. If you've cut up the pears, put them in a bag or container.
 - Throw away any pears that have turned brown or rotted.
 - If your pears have over-ripened, use them in smoothies or desserts!



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How Should I Store Items in My Fridge?



Keeping you and your family safe:

- Set your refrigerator at or below 4 degrees C to slow the growth of bacteria (bacteria doesn't like the cold!)
- Make sure the refrigerator door is closed when not in use. Limit how long you keep the door open to keep it cool.
- Try not to put too many items in the fridge. Everything should be in a single layer (try not to stack items). This way, cool air can easily move around the fridge.
- Once a week (or when you can make time!) clean out the fridge. Throw out anything that you aren't sure is safe. Wipe the shelves, drawers, and door with a warm soapy cloth.
- If you find a moldy food, throw it out and wash anything that was touching it (including the container or other items).

Meat, Poultry, Fish, Eggs

- Put packages of raw meat/poultry/fish in a plastic bag, bowl, or pan.
- Put raw meat on the bottom shelf, because it's usually the coldest and it prevents raw juices from dripping down onto other food.
- Keep eggs in their carton in the main part of the fridge. Don't store them in the door.

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How Should I Store Items in My Fridge?

Fruits and Vegetables

- Put fresh fruits and veggies separately in the crisper bins (or drawers) if you have them. If you can adjust the humidity, fruit tends to like low humidity and veggies like high humidity.
- Wait to wash fruits and veggies until you are about to eat or use them. You don't need to use soap or other products, just safe water. Pat dry with paper towels.
- Always store cut, peeled, or cooked produce in the fridge.
- Onions, potatoes, squash, sweet potatoes, tomatoes, bananas, and persimmons are the *only* produce that should *not* be kept in the fridge.

Fresh Dairy Products

- Dairy products like yogurt, milk, cheese, etc. should be stored in the back of the fridge (where it's usually colder)

Canned Foods, Condiments, Drinks

- Once opened, transfer any leftover canned foods into a sealable container. Place on top shelf of fridge so it's easy to see and use up.
- Condiments (like ketchup, salad dressing, etc.) and drinks can be stored in the door.

Leftovers

- Never let leftovers stay at room temperature for 2 hours or more.
- Transfer large amounts of leftovers into smaller, shallow containers. This makes sure the food cools off properly.
- Use tape and a marker to label when leftovers were made. Put the oldest items at the front so it's easy to see them.
- Use the oldest items first so they don't go bad!
- Leftovers shouldn't be kept longer than 4 days.

