

Nutrition Connection

The latest news and events from the [Kendall Anderson Nutrition Center](#) at Colorado State University

Pumpkin Season is Back!

It's that time of the year when pumpkins are back in the fields and pumpkin spice-flavored foods and drinks seem to be everywhere. Enjoy this versatile squash while getting the most out of it.

The flesh of a pumpkin is mild tasting and can be a great addition to pancakes, breads, yogurt, and dips. You can scoop out the pulp and prepare it from scratch, buy canned pumpkin puree (not pumpkin pie mix!), or look for frozen pumpkin cubes.

Besides tasting delicious, pumpkins are also very nutritious. The deep orange color of pumpkins indicates their beta-carotene content, an antioxidant that is converted to vitamin A in the body. They are also low in calories and rich in fiber and potassium.

Pumpkins are more than just the fruit itself. Pumpkin seeds are tasty as well as heart-healthy; they are rich in monounsaturated fatty acids, protein, fiber, and minerals. *For a delicious snack, clean the seeds, boil in salt water for 10 minutes (optional step to make them more crispy), dry with a clean cloth, toss with olive oil and your favorite spices, and bake at 325° F for 20 minutes (stirring halfway through).*

While pumpkins are naturally a healthy choice, pumpkin spice-flavored products often have unnecessary added fats and sugars! Read on for ways to get your pumpkin spice fix this Fall without sacrificing a healthy diet.



Go local! Support your local farmers this Autumn.

- When you buy your pumpkins from a local farm this season, you will know where your food is coming from and can enjoy a fun-filled day at a pumpkin patch with friends or family.
- If you are in Northern Colorado, check out these local pumpkin patches: Bartles Farm, Harvest Farm, Northern Colorado Corn Maze, Osborn Farm, or Something From the Farm.
- Pumpkins for eating are different than pumpkins for jack-o-lanterns. Pie pumpkins or smaller varieties have the best texture and flavor.

Delicious Pumpkin Ideas

Pumpkins make excellent jack-o'-lanterns, but they can do so much more:

- Homemade pumpkin spice latte
- Pumpkin pie smoothie
- Pumpkin soup bowls
- Pumpkin hummus
- Roasted pumpkin seeds
- Pumpkin ravioli
- Pumpkin butter
- Thai pumpkin soup
- Pumpkin pie oatmeal
- Pumpkin chili

----- Homemade Pumpkin Spice Latte -----

Fall pumpkin coffee drinks are back in all the popular coffee chains. This drink can be expensive for some and high in calories and sugar. Luckily, you can easily make this drink at home for a warm, healthy, low-cost treat. Serves 2.

Ingredients

- ◆ 1 cup low-fat milk or milk substitute
- ◆ 1 cup strongly brewed coffee
- ◆ 1/4 cup pumpkin puree
- ◆ 1/2 teaspoon cinnamon
- ◆ 1/2 teaspoon ginger
- ◆ 1/4 teaspoon nutmeg
- ◆ 1 teaspoon vanilla extract
- ◆ 1 teaspoon honey (optional)



Directions

Bring milk to a boil, add milk and all other ingredients into a blender, and mix until well combined. Garnish with a dash of cinnamon or pumpkin spice on top. Pour your homemade pumpkin spice latte into your favorite mug, and enjoy!

Nutritional Information/ Amount per serving:

Calories	73	Protein	5 g
Total Fat	0 g	Total Carbohydrates	12 g
Saturated Fat	0 g	Dietary Fiber	1 g
Cholesterol	2 mg	Sodium	68 mg

Pumpkin Alfredo

Pumpkin is typically known as a pairing for sweet items, but it can also be a delicious addition to a savory dish. Try this recipe, tested and tasted in our own kitchen.

Ingredients

- ◆ 2 tablespoons unsalted butter or oil
- ◆ 1 large shallot, minced
- ◆ 1 cup pumpkin puree
- ◆ 1 tablespoon chopped fresh sage (or 1 teaspoon dried)
- ◆ 1 cup low-fat milk or milk substitute
- ◆ 1 cup half-and-half
- ◆ 1/2 cup (2 ounces) freshly grated Parmesan cheese
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon black pepper



You can reduce the fat content by using fat free milk and fat free half-and-half!

Directions

1. Melt butter or warm oil in a medium saucepan over medium-high heat. Add shallot and cook until softened; 2-3 minutes.
2. Add pumpkin and sage; stir for 30-60 seconds to combine. Add milk and half-and-half; stir well. Bring to a simmer, reduce heat to medium low, and continue to cook until thickened and slightly reduced; 4-5 minutes.
3. Stir in cheese, salt, and pepper. Taste and adjust seasonings accordingly.

Makes about 3 cups

Serves 6

Nutritional Information/ Amount per serving:			
Calories	156	Protein	6 g
Total Fat	11 g	Total Carbohydrates	9 g
Saturated Fat	7 g	Dietary Fiber	1 g
Cholesterol	34 mg	Sodium	238 mg

Get Healthy With the KANC!

DATE NIGHT COOKING CLASS: MEXICO

Join us as we travel to Mexico without leaving campus. Bring a friend, colleague, or special someone to a fun, interactive evening of cooking, learning, and dining featuring Mexican cuisine made healthy. Enjoy tortilla soup, tacos with guacamole, fruit kebabs and non-alcoholic margaritas.

VISIT: <http://www.nutritioncenter.colostate.edu/classes/date-night.aspx>

WHEN: Friday, October 16, 6pm-8pm

WHAT: Hands-on cooking class and full dinner

COST: \$50 per couple

DINING WITH DIABETES

Developed and led by Registered Dietitians, this program offers a proactive approach to teach you the most important things to help you take control of your life and your diabetes!

VISIT: <http://www.nutritioncenter.colostate.edu/programs-services/dining-with-diabetes.aspx>

WHO: This Program is for those with prediabetes, type 1 diabetes, type 2 diabetes, gestational diabetes, or a loved one with any of these

WHEN: Tuesdays, November 3 - December 1, 5:30-7 pm

WHAT: Educational program plus hands-on cooking and meal provided weekly

COST: \$100 (discounts for CSU students and employees)

Coming January 2016: HEALTHY YOU

A 6-week program using a non-diet approach to help achieve or maintain your healthiest weight.

VISIT: <http://nutritioncenter.colostate.edu/programs-services/healthy-you-interactive.aspx>

WHEN: Thursdays, January 14– February 18, 2016 5:30-7pm

WHAT: Receive a program manual, pedometer, weekly snacks and prizes and the social support of a great group environment!

COST: \$100—Sign-up with a partner and each save \$25!
(discounts for CSU students and employees!)

TELECOACHING

Get one-on-one nutrition coaching with our registered dietitians without leaving your house. Same rate as individual coaching here: <http://www.nutritioncenter.colostate.edu/programsservices/nutrition->

Location for all activities: Room 114 Gifford building on the CSU campus

Like us on [Facebook](#) for weekly nutrition tips!

