



# FRESH FALL FAVORITES



# PUMPKIN SMOOTHIE

Switch out that high-fat pumpkin latte for this healthy Pumpkin Smoothie. At about 50 calories per serving, this creamy smoothie is full of fabulous fall flavors and just 1 gram of fat.

- 1 can (15 oz) pumpkin purée
- 3 cups unsweetened almond milk
- ½ cup vanilla yogurt
- 1 Tbsp maple syrup
- ¼ tsp ground cinnamon, *plus additional for garnish*
- 2 crumbled graham crackers, *for garnish*

In a freezer-safe container, freeze pumpkin purée for 4 hours or overnight.

In a blender, combine the milk, yogurt, frozen pumpkin purée, maple syrup and cinnamon and blend until smooth. Serve immediately topped with additional cinnamon and graham crackers, if desired.

**Yield:** 8 servings | **Serving size:** ½ cup

**Nutrition Facts (per serving):** Calories: 54; Fat: 1g; Saturated Fat: 0; Cholesterol: 0; Sodium: 73mg; Carbohydrates: 9g; Fiber: 1g; Protein: 2g







## GLUTEN-FREE SPICED WAFFLES

No one will ever know that these sweet and spiced waffles are gluten-free. With maple syrup right in these gluten-free spiced waffles, you don't need any extra syrup on top.

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1 cup apple cider or apple juice	¼ tsp salt
2 cups almond flour	4 large eggs
1 cup tapioca flour	2 Tbsp melted coconut oil
2 tsp gluten-free baking powder	1 Tbsp maple syrup
1½ tsp ground cinnamon, <i>plus additional for garnish</i>	1 apple, <i>chopped</i>
½ tsp ground nutmeg	Light whipped cream or coconut cream, <i>for garnish</i>
½ tsp ground ginger	

In a small saucepan over medium-high heat, bring the apple cider to a boil. Continue to cook until it is reduced by half, or about ½ cup, about 15 minutes.

In a large bowl, whisk together the flours, baking powder, cinnamon, nutmeg, ginger and salt until well blended. In another bowl, whisk together the eggs, coconut oil, reduced apple cider and maple syrup. Add the egg mixture to the flour mixture and whisk well until smooth.

Preheat your waffle iron. Cook according to your waffle maker's instructions.

Top with chopped apple, a dollop of whipped cream and a sprinkle of additional cinnamon, if desired.

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**Yield:** 12 servings | **Serving size:** 1 waffle

**Nutrition Facts (per serving):** Calories: 198; Fat: 13g; Saturated Fat: 3g; Cholesterol: 62mg; Sodium: 281mg; Carbohydrates: 16g; Fiber: 4g; Protein: 6g



# STUFFED ACORN SQUASH

Try a delicious alternative for the non-meat eaters on your guest list. Stuffed with quinoa, apples, walnuts and cranberries, this roasted acorn squash delivers all the flavors of fall in an impressive, nutritious entrée.

3 acorn squash	1 tsp maple syrup
2 Tbsp olive oil	⅓ cup dried cranberries
1 Tbsp ground flaxseed	2 Tbsp raw pepitas
2½ Tbsp water	1 tsp chopped fresh parsley
½ cup uncooked quinoa	½ tsp dried sage
1 onion, <i>chopped</i>	½ tsp chopped fresh thyme
2 celery stalks, <i>diced</i>	⅛ tsp salt
2 red apples, <i>chopped</i>	Black pepper to taste
¼ cup chopped walnuts	

Preheat oven to 375°F. Coat 2 baking sheets with nonstick cooking spray.

Cut each acorn squash in half crosswise and remove seeds and strings. Brush 1 tablespoon of the olive oil on the cut side of the acorn squash. Place squash halves, cut side down, on baking sheets; bake for 30 to 40 minutes. Remove the squash from the oven and turn cut side up. Set aside.

In a small bowl, combine flaxseed and water and stir. Let rest for 5 minutes to thicken. In a saucepan, cook the quinoa according to package instructions. Set aside.

In a large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the onion, celery, apples and walnuts; cook for 10 minutes, until the onion is softened. Add the maple syrup, dried cranberries, pepitas, parsley, sage, thyme, salt and black pepper; stir to combine. Remove from heat and transfer to a large bowl. Add the cooked quinoa and stir to combine. Add the flax mixture and gently stir until combined.

Spoon stuffing mixture into each squash half. Cover each squash with foil. Bake for 20 minutes, or until the squash are soft and just golden.

**Yield:** 6 servings | **Serving size:** ½ stuffed acorn squash

**Nutrition Facts (per serving):** Calories: 293; Fat: 10g; Saturated Fat: 0; Cholesterol: 0; Sodium: 57mg; Carbohydrates: 49g; Fiber: 7g; Protein: 6g







## SWEET POTATO GINGER SOUP

Here's an Autumn soup that's so light and tasty, you can serve it as a first-course to a hearty dinner. This soup gets its wonderfully creamy texture from the puréed sweet potatoes and soy creamer.

- 2 Tbsp olive oil
- 1 cup Spanish onions, *coarsely chopped*
- 3 Tbsp minced fresh ginger
- 2 lbs sweet potatoes, *cut into 1-inch cubes*
- ¼ tsp ground cinnamon, *plus additional for garnish*
- ¼ tsp ground nutmeg, *plus additional for garnish*
- ¼ tsp ground allspice, *plus additional for garnish*
- 5 cups low-sodium chicken broth (gluten-free if needed)
- ½ cup soy creamer
- 1 Tbsp packed light brown sugar

In a stockpot, heat olive oil over medium heat until hot. Add the onions and sauté about 3 minutes, or until softened.

Add the ginger and sweet potatoes. Mix to coat and cook for 5 minutes, stirring occasionally, until potatoes soften. Add the cinnamon, nutmeg and allspice and stir to combine.

Add 4 cups of chicken stock. Bring to a boil, stirring occasionally. Reduce the heat to low and simmer for 1 hour, stirring occasionally.

Remove from heat and transfer soup to a food processor in batches. Pulse each batch until coarsely puréed and return it to stockpot. Add the remaining cup of stock and heat to a simmer over low heat. Add the creamer and stir until just heated through (be careful not to overheat creamer). Add the brown sugar and stir.

Serve immediately with a pinch of the extra spices as garnish, if desired.

**Yield:** 8 servings | **Serving size:** 1 cup

**Nutrition Facts (per serving):** Calories: 218; Fat: 7g; Saturated Fat: 1g; Cholesterol: 5mg; Sodium: 217mg; Carbohydrates: 32g; Fiber: 4g; Protein: 6g



# ZUCCHINI LASAGNA ROLL-UPS

Lasagna does not have to be forbidden food on your healthy diet. These delicious low-carb Zucchini Lasagna Roll-Ups substitute lasagna noodles with healthy zucchini strips.

3 large zucchini, *ends trimmed and sliced into 1/8-inch-thick long strips*

1 cup marinara sauce

1 Tbsp olive oil

2 garlic cloves, *minced*

1 small onion, *chopped fine*

3/4 lb ground turkey

1/8 tsp crushed red pepper flakes

1/8 tsp salt

Black pepper to taste

3/4 cup shredded part-skim mozzarella cheese

1/2 cup part-skim ricotta cheese

2 Tbsp grated Parmesan cheese

1 egg

1 tsp dried oregano

1 Tbsp chopped fresh basil

Chopped fresh parsley, *for garnish*

Arrange the zucchini strips on a paper towel-lined baking sheet. Sprinkle with salt and let sit for 15 to 20 minutes. Dab the strips with a paper towel and roll up. Refrigerate the zucchini roll-ups overnight. Drain the liquid.

Preheat the oven to 350°F. In a 9- x 9-inch glass baking dish, pour 1/2 cup of the marinara sauce. Set aside.

In a skillet, heat the oil over medium-high heat. Add the garlic and onion, and cook until the garlic is fragrant, about 1 minute. Add the turkey and cook until no longer pink, about 3 to 4 minutes. Add the crushed red pepper, salt and black pepper to taste, and stir to combine. Remove from the heat.

In a medium bowl, combine 1/2 cup mozzarella, ricotta, Parmesan cheese, egg, oregano, and basil. Add the cooked ground turkey mixture and stir.

On a baking sheet, arrange the unrolled zucchini strips in a single layer. Line each strip with 1 1/2 tablespoons of the turkey mixture. Roll up the zucchini strips. Arrange the rolls, standing upright, in the baking dish.

Pour the remaining 1/2 cup marinara sauce over the roll-ups and top with the remaining 1/4 cup mozzarella. Bake for 25 to 30 minutes, or until cheese is melted. Garnish with parsley, if desired. Serve immediately.

**Yield:** 8 servings | **Serving size:** 3 zucchini roll-ups

**Nutrition Facts (per serving):** Calories: 177; Fat: 10g; Saturated Fat: 3g; Cholesterol: 67mg; Sodium: 327mg; Carbohydrates: 15g; Fiber: 1g; Protein: 15g







## ORANGE ROASTED CHICKEN

Orange marmalade and sherry vinegar make a sweet and savory glaze for this juicy Orange Roasted Chicken. Hints of rosemary and ginger bring tasty sparks of flavor to this special chicken dinner.

- 1 whole chicken (about 4 lbs)
- $\frac{1}{2}$  tsp salt
- Black pepper to taste
- 2 oranges, *peeled plus additional orange slices for garnish*
- 1 onion, *sliced*
- $\frac{1}{2}$  cup sherry wine vinegar
- $\frac{1}{2}$  cup orange juice
- 2 Tbsp fresh grated ginger
- 1 tsp orange zest
- 2 tsp chopped fresh rosemary
- $\frac{1}{4}$  cup orange marmalade

Preheat oven to 350°F. Season chicken with the salt and pepper. Place half of the orange segments into the chicken cavity.

In a shallow roasting pan, arrange the onion and the remaining half of the orange segments. Add the sherry vinegar. Place the chicken, breast side down, on top of the onion mixture. In a cup, combine orange juice, ginger, orange zest and rosemary. Brush the orange juice mixture over the chicken. Roast for 30 minutes.

Turn the chicken, breast side up, and brush with orange marmalade. Roast for 1 hour, basting the chicken every 20 minutes. The chicken is done when a meat thermometer inserted in the thickest part of the thigh reaches 165°F. Let stand for 10 minutes before carving. Garnish individual servings with the unpeeled orange slices.

**Yield:** 6 servings | **Serving size:** 4 oz chicken

**Nutrition Facts (per serving):** Calories: 228; Fat: 3g; Saturated Fat: 1g; Cholesterol: 79mg; Sodium: 292mg; Carbohydrates: 20g; Fiber: 1g; Protein: 24g



# BUTTERNUT SQUASH RISOTTO

Try this simply sweet butternut squash risotto recipe as an entrée or a creative side dish. Use vegetable broth instead of chicken broth for a vegetarian option.

- 1 qt low-sodium vegetable broth (gluten-free if needed)
- 2 Tbsp olive oil
- 1 onion, *diced*
- 1 Tbsp garlic, *chopped*
- 2 Tbsp chopped fresh sage
- 3 cups cubed butternut squash, *peeled and seeded*
- 2 cups Arborio rice
- Black pepper to taste
- 2 Tbsp toasted pine nuts
- Fresh chopped parsley or sage, *for garnish*

In a saucepan, bring broth to a simmer. Reduce heat to low.

In a deep skillet, heat olive oil over medium heat until hot. Add the onion and sauté until softened, about 2 to 3 minutes. Add the garlic and sage and sauté for another 2 minutes. Add squash and cook for 1 minute, stirring. Add rice and stir until it is opaque, about 3 minutes. Add 1 cup of the simmering broth and stir until broth is absorbed.

Reduce heat to low. Continue to add broth, about  $\frac{1}{4}$  cup at a time, until the rice kernels are al dente (just tender), about 20 to 25 minutes.

If additional liquid is needed to cook rice, add water in  $\frac{1}{4}$  cup intervals until rice is cooked. Add pepper to taste. Serve immediately, sprinkled with pine nuts and parsley or sage.

**Yield:** 8 servings | **Serving size:** 1 cup

**Nutrition Facts (per serving):** Calories: 242; Fat: 5g; Saturated Fat: 1g; Cholesterol: 0; Sodium: 280mg; Carbohydrates: 44g; Fiber: 2g; Protein: 6g







## APPLE GORGONZOLA SALAD

Apples and Gorgonzola are a terrific match. Try this hearty salad filled with fall flavors for an easy lunch or light dinner. Sweet balsamic vinegar is spiced up with mustard for a tasty dressing.

- 3 Tbsp balsamic vinegar
- 1 Tbsp spicy brown mustard (gluten free if needed)
- 2 Tbsp olive oil
- 3 apples, cored and cut into ½-inch dice
- 5 cups torn romaine lettuce
- ½ cup coarsely chopped walnuts
- ½ cup crumbled Gorgonzola cheese
- Black pepper to taste

In a small bowl, whisk together the vinegar and mustard. Slowly whisk in the olive oil until emulsified.

In a large bowl, combine the apples, romaine, walnuts and Gorgonzola. Add the vinaigrette, season with black pepper and toss to coat evenly.

**Yield:** 6 servings | **Serving size:** 1 cup salad; 1 Tbsp dressing

**Nutrition Facts (per serving):** Calories: 161; Fat: 9g; Saturated Fat: 3g; Cholesterol: 9mg; Sodium: 111mg; Carbohydrates: 19g; Fiber: 4g; Protein: 3g



# BAKED PEAR

An alternative to fat-laden apple pie recipes, this decadent dessert is heart healthy, containing almost no sodium and no saturated fat.

- 1/3 cup unsweetened apple cider or apple juice
- 1 tsp golden raisins
- 2 Tbsp chopped walnuts, *toasted*
- 1/8 tsp ground cinnamon
- 1/8 tsp light brown sugar
- 1 medium pear, *unpeeled, halved lengthwise and cored*

Preheat oven to 250°F. In a small bowl, combine 1 teaspoon cider, raisins, walnuts, cinnamon and brown sugar.

In a small baking dish, arrange pear halves, cut sides up. Scoop raisin mixture evenly into pear halves. Pour remaining cider into baking dish. Cover with foil and bake for 45 minutes, or until pear halves are soft. Spoon cider in dish over pear halves once or twice during baking.

Discard excess cider. Serve warm.

**Yield:** 2 servings | **Serving size:** 1/2 pear

**Nutrition Facts (per serving):** Calories: 113; Fat: 2g; Saturated Fat: 0; Cholesterol: 0; Sodium: 3mg; Carbohydrates: 22g; Fiber: 3g; Protein: 0







## DRIZZLED APPLE SNACK

When the kids come home looking for a quick after school snack, these peanut butter apple treats will keep them going til dinner. Try different healthy toppings for crunchy, sweet texture and flavor.

- 3 Granny Smith apples
- 1 Tbsp fresh lemon juice
- ¼ cup dark chocolate chips
- ¼ cup peanut butter
- Toasted coconut flakes, *optional*
- Dried cranberries, *optional*
- Chopped almonds, *optional*

Slice the apples into 12 ¼-inch-thick slices. With a paring knife, core the apple slices. Sprinkle the cut apple slices with lemon juice.

In a small bowl, microwave the chocolate in 20-second intervals. Stir and repeat until melted.

In a small bowl, microwave the peanut butter for 30 seconds.

Transfer the melted chocolate and the melted peanut butter to 2 separate resealable plastic bags. Snip the edges of the bags for piping. (Alternatively, use a spatula or spoon to drizzle the melted chocolate and/or peanut butter over the apples.)

Place the apple slices on wax paper and drizzle with the chocolate and/or peanut butter and top with your favorite toppings. Serve immediately.

**Yield:** 12 servings | **Serving size:** 1 slice apple

**Nutrition Facts (per serving):** Calories: 85; Fat: 4g; Saturated Fat: 2g; Cholesterol: 0; Sodium: 2mg; Carbohydrates: 9g; Fiber: 2g; Protein: 2g



# Eighty Percent of Heart Disease Is Preventable Could You Be At Risk?



According to the Centers for Disease Control and Prevention (CDC) heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Fortunately, many forms of heart disease can be prevented or treated with healthy lifestyle choices.

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