

# Fall Time Favorites!

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**The fall season provides a variety of healthful foods. This Thanksgiving, try adding a few of these fall favorites to your meal!**

Buying vegetables locally (or as close as possible) not only guarantees they're at the peak of freshness, but are also likely to contain more vitamins and minerals. When food is shipped over longer distances, they tend to lose quality or they may have been harvested before their prime lacking the usual amount of nutrients.

**Take advantage of these foods while they're available (and probably cheaper too!)**

Sweet Potatoes or Yams: Steamed, roasted or baked are the best cooking methods to preserve the vitamin C present in vegetables. Sweet potatoes also offer an abundance of antioxidants such as beta-carotene, lutein and zeaxanthin which aid in eye health.

**Looking for a new recipe? Try Winter Squash Risotto!**

**INGREDIENTS:**

5 cups reduced-sodium chicken broth  
2 tablespoons olive oil  
3 medium shallots, thinly sliced  
2 tablespoons olive oil  
3 cups chopped butternut or kabocha squash (1/2" pieces)  
2 cups shitake mushrooms, thinly sliced  
1/2 tsp dried thyme  
1/4 tsp freshly ground pepper  
1/2 tsp salt  
1 cup rice (Arborio or short grain)

**DIRECTIONS:**

Bring broth to simmer over medium-high heat and reduce heat.  
Meanwhile, heat oil in a large saucepan over medium heat. Sauté shallots for 1 minute. Stir in squash and mushrooms for 5 minutes. Add seasonings (thyme, salt, pepper) cook 30 seconds. Add rice – stir for 1 minute. Add wine – stir for 1 minute until almost all is absorbed by the rice. Add 1/2 cup hot broth and stir until absorbed.  
Keep adding broth in small



Recipe Courtesy of Eatingwell.com

Winter Squash: Butternut squash is one of the most common varieties and is full of vitamin A, potassium and fiber. This can help lower blood pressure, reduce cancer risk and help manage diabetes with its high fiber content and low glycemic index.

Pears: European pears usually grow on the west coast during fall. They are high in soluble fiber – the type that can lower cholesterol! This fall fruit is also high in vitamin C which can help keep your immune system strong during the dreaded cold & flu season. Try adding sliced pears to a salad, as a snack or try a wonderful Pear Cobbler for dessert!