

Fall 2013 Nutrition News Letter

Jessica Murgueytio MS.RD.LD- Bethesda Medical Associates

The Health Benefits of Pumpkin

Pumpkins are now more than just the stand by Halloween decoration. This low calorie, high fiber vegetable offers many health benefits and should become a staple in everyone's fall diet.



- Pumpkins have a great nutrition label boosting 3g of fiber and only **49kcal per cup**
- Pumpkin seeds high in phytosterols and mono-**unsaturated fatty acids** which have been shown to reduce LDL cholesterol
- According to the NIH, pumpkins contain a large amount of **beta-carotene** which can help ward off cancer.
- Pumpkin is also loaded with **potassium** and helps replenish hydration levels after exercise

So make sure you save the seeds and pulp from your next pumpkin carving and incorporate them into muffins, pancakes, or roast them alone for a wonderful healthy addition to any fall meal.

Roasted Pumpkin Seed Recipe

Spice up your afternoon snack with this savory and power packed pumpkin seed recipe! It will make your house smell like fall!!

Ingredients:

- 2 Cups of Pumpkin Seeds
- 3 TBS of unsalted Butter
- 3 TBS of Brown Sugar
- 1 ½ tsp. of Kosher Salt
- 1 TBS of chopped fresh Rosemary
- ¼ tsp. Cinnamon + ¼ tsp. of Cayenne Pepper + ¼ tsp. Black Pepper
- **STEP #1**- Preheat the oven to 350 degrees
- **STEP #2**- In a medium saucepan over medium-low heat, melt the butter, then stir in brown sugar, salt, rosemary, cinnamon, cayenne, and black pepper.
- **STEP #3**- Stir for 2-3 minutes until sugar is melted then remove from heat and stir in pumpkin seeds.
- **STEP #4**- Spread seeds on a well-greased cookie sheet and bake for roughly 15-20 minutes, stirring 2-3 times. Keep a close eye on the seeds so they do not burn.
- **STEP #5**- Remove from oven, let seeds cool and then ENJOY!! They make a great topping for salads, yogurt, or can stand alone as a great snack that will keep you full all afternoon.

