



Visit [www.yourwellnessok.com](http://www.yourwellnessok.com)

Vol 5 Issue 10 | October 2013

MyPlate is a great model for healthful and balanced eating. It shows how to make healthful food choices and supports the following two overarching concepts included in the DIETARY GUIDELINES FOR AMERICANS, 2010:

- 1) Maintain calorie balance over time to achieve and sustain a healthy weight.
- 2) Focus on consuming nutrient-dense foods and beverages.

A healthy eating pattern needs to promote health, help to decrease the risk of chronic diseases and prevent foodborne illness.

Autumn is in the air and is reflected by the magnificent color changes in nature and the chillier weather. Crops of fresh produce offer a range of intense flavors, amazing colors substantial textures, and vital nutrients. Spices are an excellent choice to create sensational dishes with produce without using a lot of salt and fat for seasoning. Spices grow in tropical areas and come from the bark, buds, fruit, roots, seeds or stems of plants and trees. Most spices are dried. Here are ten commonly used spices to keep in the pantry and use often:

- Allspice tastes like a blend of cinnamon, nutmeg and cloves: used in root vegetables, squash, baked goods, sauces and stews
- Cayenne is ground hot red chili pepper: used to boost flavor and adds a pungent kick to chili, vegetable soups and sauces
- Cardamom is spicy and sweet with peppery and ginger tones: used in curried dishes, bean dishes and baked goods
- Cinnamon is strong, spicy and sweet: used in pumpkin, fruit desserts, breads, meats, and in hot coffee and tea
- Cloves have a strong and pungent flavor: used in fruit desserts and fruit salads, barbeque dishes and cakes
- Cumin has a pungent, spicy and slightly bitter taste: used in Mexican and Indian cuisine, meats, poultry as an ingredient in chili powder
- Ginger has a sweet, spicy and hot flavor: used to spice up fruit salads, pumpkin, squash, carrots and sweet potatoes
- Nutmeg is slightly sweet and spicy: used with vegetables, in baked goods, eggnog, custard and white sauces
- Paprika is slightly sweet and bitter to pungent: used in vegetable stews and dishes, hummus, salads and egg dishes
- Pepper is hot and pungent and tastes best when freshly ground: used with vegetables, soups, stews, melon and fruit desserts

### TIPS FOR USING SPICES

\*Store dried spices in tightly covered containers in a cool, dry and dark place. Avoid storing spices near a window or above the stove as heat, bright light and air destroy flavor.

\*For best results use dried ground spices within 6 months and whole spices within one to two years.

\*Start with ¼ teaspoon of most ground spices for four servings of a dish, one pound of meat, poultry or fish and for two cups of a sauce or soup. Adjust as desired.

\*When doubling a recipe do not double the amount of a spice – increase by 1½ times.

\*Be sure measuring spoon is dry when measuring spices from the container.



## Autumn Butternut Squash Soup

### Ingredients:

- |  |                                   |
|--|-----------------------------------|
| 3 to 3 ½ pound butternut squash          | ½ teaspoon ground cumin           |
| 4 cups fat free low sodium chicken broth | ½ teaspoon salt                   |
| 2 tablespoons minced garlic              | ½ teaspoon ground coriander seeds |
| 1¼ cups chopped onion                    | ¾ teaspoon cayenne pepper         |
| ½ cup creamy peanut butter               | 1 cup fresh cilantro for garnish  |
| 2 tablespoons tomato paste               |                                   |

### Directions:

Wash squash and pierce several times with sharp knife to allow steam to escape while cooking. Place squash in large pot and cover with hot water. Bring to a boil and cook 50 to 55 minutes. Carefully remove squash and discard water. Cut squash in half when cool enough to handle. Remove pulp and seeds from center and discard. Scoop squash out, measure 5 cups and return to pot. Add remaining ingredients except for cilantro and simmer uncovered for 20 to 25 minutes. Ladle 2 to 3 cups in blender and blend until smooth. Pour into large bowl. Repeat until all soup is blended and then stir well. Ladle into 8 soup cups and garnish each with cilantro. This recipe makes 8 servings and each serving contains approximately 175 calories and 9 grams of fat.

### Produce of the month: Butternut Squash

Nutrition Information:  
Serving Size: ½ cup cooked  
Calories: 41  
Protein .9 grams  
Fat: .1 gram  
Carbohydrate: 10.7 grams  
Cholesterol: 0 mg  
Fiber: 3.5 grams  
Sodium: 4 milligrams



### Fast Facts About Butternut Squash:

- \*Butternut squash is an excellent choice for flavor and good nutrition. It is available year round but the peak season is fall through winter.
- \*It is packed with the antioxidant beta carotene, is a good source of potassium and dietary fiber.
- \*Most weigh between two and five pounds and have a mildly sweet flesh. They have a small seed cavity and provide a lot of flesh for the size.
- \*Select a squash that is firm and free of bruises and punctures or cuts.
- \*Whole uncut squash do not need refrigeration and can be stored in a cool dark place for several weeks.
- \*The Autumn Butternut Squash Soup recipe to the left uses the spice coriander and the herb cilantro which are the leaves from the same plant.



Becky Varner  
MS, RD, LD



### Upcoming Nutrition Activities

### Learn with Lunch

Our October classes feature:

- Sweet Potato Bisque
- Glazed Roasted Root Vegetables
- Carrot Muffins with Raisins and Walnuts

### Shopping Tours

Becky Varner, our Registered Dietitian will teach you how to stock a healthful kitchen. Learn how to make healthful food choices, read food labels AND maintain a healthful diet. You'll find out about products BUY FOR LE\$\$ offers customers that fit into a healthful diet and that meets specific dietary needs including diabetes, celiac disease and heart health.

**Class size limited: Call 302-6273 ext 332 to register for all classes.**

### October Classes at Buy For Less

#### Learn with Lunch Healthful Cooking Classes:

- Tue, Oct 8th 12:00 (noon)  
3501 NW Expressway, OKC
- Tue, Oct 15th 12:00 (noon)  
10011 SE 15th, MWC
- Tue, Oct 22nd 12:00 (noon)  
2500 North Penn, OKC

#### Shopping Tours: Shopping for Whole Grains With MyPlate

- Tue, Oct 8th 1:30 PM  
3501 NW Expressway, OKC
- Tue, Oct 15th 1:30 PM  
10011 SE 15th, MWC
- Tue, Oct 22nd 1:30 PM  
2500 North Penn, OKC

### November Classes

#### Learn with Lunch Holiday Cooking Classes:

- Tue, Nov 12th 12:00 (noon)  
3501 NW Expressway, OKC
- Tue, Nov 19th 12:00 (noon)  
10011 SE 15th, MWC
- Wed, Nov 13th 12:00 (noon)  
2500 North Penn, OKC

#### Shopping Tours: Shopping with My Plate for the Holidays

- Tue, Nov 12th 1:30 PM  
3501 NW Expressway, OKC
- Tue, Nov 19th 1:30 PM  
10011 SE 15th, MWC
- Wed, Nov 13th 1:30 PM  
2500 North Penn, OKC
- Gluten Free Shopping Tour
- Th, Nov 14th 10:00 AM

VISIT [www.yourwellnessok.com](http://www.yourwellnessok.com)  
for our November class menu and for additional recipes.

### OCTOBER IS NATIONAL EAT BETTER, EAT TOGETHER MONTH

October is National Eat Better, Eat Together Month. This is the perfect time for families to make dining together a priority if that is not already happening. Research shows that family meals not only promote healthier eating but are also advantageous for sharing the events of the day and for building relationships with each other. It is also a wonderful time for parents to be role models to help children develop healthier eating habits. And there is no better time than the present for parents to improve their own eating habits if necessary!

Here are some tips to encourage eating together:

- Look at everyone's schedule and choose a time and meal that works for the entire family. It does not have to be the same every day. It could be breakfast two days a week, dinner during the week and lunch on the weekends or any other pattern that fits your family.
- Avoid distractions during mealtime. Leave cell phones, televisions and computers in the other room or off.
- Keep conversation during mealtime positive and happy. Create conversation by asking a question like "What was your favorite part of today?"

### Other Brands We Carry!



and MORE!

**NEW App**

Available on iPhone and Android!

See our ad, locations, events and contests at the tip of your finger.

**BUY FOR LE\$\$**  
get it today

*Get More!*