

# Arbor Management's Nutrition News - October 2021

## POWERFUL PUMPKIN!

Start carving out a healthy lifestyle by adding Powerful Pumpkin to your diet!

Why are pumpkins **ORANGE**?

Because of the pigment, **beta-carotene**. Beta-carotene is more than just a color when it enters our bodies, but it actually changes into **vitamin A**! Our bodies need **vitamin A** for healthy skin, eye health and strong immune systems.

Pumpkins are also packed with **vitamins C & E**, also known as **antioxidants**. Antioxidants protect our cells from damage and help our bodies fight cancer.

Power up and try making mini pumpkin bowls, the **RECIPE OF THE MONTH!** for a tasty dessert!

## RECIPE OF THE MONTH!

"Mini Pumpkin Bowls with Caramelized Cinnamon Apples"

Serves: 4

### Ingredients:

- 4 Mini Pumpkins
- 1/3 Cup Butter
- 4 Apples Chopped
- 1 Cup Pecans
- 1/2 Cup Pumpkin Seeds
- 2 Tbsp. Brown Sugar
- 1/2 tsp. Cinnamon



### Directions:

1. Preheat oven to 375°
2. Slice tops of pumpkins off, set aside.
3. Scrape seeds out and place in bowl.
4. Rinse pumpkin seeds to remove any flesh.
5. Chop apples into bitesize pieces.
6. Heat butter in large skillet until melted.
7. Add apples, pecans & pumpkin seeds & cook until apples are tender.
8. Add brown sugar and cinnamon to apples, lightly stir until apples are covered.
9. Distribute mixture evenly into the pumpkins and cover with the tops.
10. Bake pumpkins on a lightly greased baking dish for 45-55 minutes.
11. Remove from oven. Remove lids & sprinkle with additional brown sugar & cinnamon.

## CELEBRATE NATIONAL SCHOOL LUNCH WEEK!



## FREE MEALS!

For ALL Enrolled Students  
in school districts participating in the NSLP  
Seamless Summer Option For the 2021-2022 School Year!  
Check with Your School District for More Information



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