

Southern University and A&amp;M College System

AGRICULTURAL RESEARCH AND EXTENSION CENTER

# NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

## Fall Into Healthy Eating



Fall is a very fun time of year. Not only are there great holidays such as Thanksgiving but there is great food! You can enjoy the foods of fall and still have a healthy eating plan.

Eating a variety of dark green and deep yellow vegetables provides your body with a number of vitamins and minerals such as: Vitamins A, C, K, E, B, folate, potassium, and calcium. Vitamins A and C, and E are called antioxidants, which helps lower your risk of cancer. Vitamin K helps with blood clotting. Folate is a very important vitamin because it helps prevent neural tube disorders such as spinal bifida and anencephaly (absence of a brain) in embryos. Women in their child bearing years and even in their teens should try to get enough folate in their eating plan to help prevent these birth defects.

***Here are a few fall vegetables and fruits. Remember buying vegetables and fruits while they are in season saves money.***

- Pumpkin
- Squash
- Zucchini
- Califlower
- Mustard Greens
- Turnip Greens & Bottoms
- Collard Greens
- Sweet Potatoes
- Apples
- Tangerines
- Satsumas
- Oranges and Grapefruits



### Don't Forget About the Other Vegetables and Fruits That are Around all Year Long!

A nutritious, delicious way to try new foods for the fall is by using brightly colored vegetables in a bread or no-crust pie recipe. It makes a great snack, addition to any meal, or even dessert. In one serving, or slice, you can get both vitamins from vegetables, which keeps you healthy, and carbohydrates from bread and vegetables, which gives energy. You will be surprised how flavorful they are!

“Eat Healthy - Stay Healthy”

# What's Cooking?

## No Crust Pumpkin/ Sweet Potato Pie



Use this recipe to create a great dessert with out the added fat of a crust. You can also use sweet potatoes.

Makes 8 servings

1 cup mashed, canned or cooked pumpkin or sweet potatoes

2 large eggs

2/3 cup nonfat dry milk powder

1/2 cup white or brown sugar

1/3 cup white or wheat flour

1 tablespoon of pumpkin pie spice

1/4 teaspoon salt

1 tablespoon margarine (softened)

1 cup of water

1. Mix all ingredients except water in a bowl.
2. Slowly stir in water.
3. Mix until smooth. Pour into a greased 9" pie plate.
4. Bake at 350 F for 45 minutes or until puffed and brown. A knife inserted in center will come out clean when pie is done.



### References:

Health and Wellness Center, Bolling Air Force Base, DC  
Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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