



Plant Based Health

healthy food you can swallow

Winter Squashes - Health is in Season!

History Winter squash have a hearty history, having outlived entire civilizations. In the United States, squash were part of the Native American culture's "Three Sisters" – the three primary crops used for sustenance: maize (corn), beans and squash. Winter squash grow in warm weather and are harvested at the end of the summer. Unlike summer squash with their soft skins, winter squash have thick, hard rinds. They are suitable for long-term storage (3-6 months) and were a valuable commodity to American Indians during the harsh winters. How appropriate that these squash have a rich history and they're ready to eat just as Americans begin our period of reflection & gratitude at Thanksgiving and Christmas.



Nutritional Value Winter squash are much more nutrient dense than their summer squash counterparts. They are very rich in beta-carotene (vitamin A), with a 1 c serving providing 145% of RDA. They are also high in Vitamin C, an important immune booster, potassium, folate and Omega-3 fatty acids. Spaghetti Squash also is a great source of calcium.

Cooking Method Baking is the most popular method of cooking winter squash because it brings out the sweet flavor of the squash by caramelizing some of its sugar. Boiling is a faster method but may dilute the sweet flavor of the squash. Squash can be sautéed, but is somewhat sticky, so be sure to add broth to your skillet.

Types The four most common types of winter squash are Acorn, Butternut, Pumpkin and Spaghetti. In general, winter squashes take much longer to cook than summer squashes. See our recipes on page 2.



Acorn squash has dark green skin, bright orange flesh and is shaped like a large acorn.



Butternut squash has light golden brown skin, bright orange flesh and is shaped like an elongated pear.



Pumpkin has bright orange skin, bright orange flesh and is sphere-like in shape with a large stem on top.



Spaghetti squash has yellow skin and is oval shaped. When cooked and scraped with a fork, the inside resembles spaghetti.

References:

Wikipedia - [http://en.wikipedia.org/wiki/Squash_\(plant\)](http://en.wikipedia.org/wiki/Squash_(plant)) WH Foods - <http://whfoods.org/genpage.php?tname=foodspice&dbid=63>
 Dave's Garden - <http://davesgarden.com/guides/articles/view/182/> TCP - <http://www.cancerproject.org/survival/factors/menopause.php>

Vivian's Baked Acorn Squash

Ingredients

3 Acorn Squash
2 T Maple Syrup or
Agave Nectar
1/3 c Raisins
Cinnamon
Nutmeg



1. Preheat oven to broil.
2. Cut acorn squash in half, horizontally; scoop out seeds.
3. Fill a large pot with 3 inches of water, add squashes and bring to a boil for 15-20 minutes, until soft.
4. Place halves in a muffin pan to hold them upright.
5. Baste the inside of the squash with maple syrup. Add 1 T raisins to the inside of each squash. Sprinkle cinnamon and nutmeg on top.
6. Place in the oven and broil for 4 - 5 minutes.
7. Serve in a bowl with a spoon to scoop the flesh.

Pumpkin Smoothie

1 15-oz can Pumpkin
1 1/2 c Soy Milk
1T. Maple Syrup or Agave Nectar
1 t Pumpkin Pie Spice
1 Banana
1/3 c. Apple Juice Concentrate
Ice

Process all ingredients in a blender until



Creamy Harvest Pasta

Ingredients

2 c Butternut Squash, peeled & diced
2 c Sweet Potato, peeled & diced
1 c Onion, diced
4 cloves Garlic, sliced
1 c Corn
1 t. Safflower Oil
1 t. Black Pepper
1 t. Salt
1/2 t. Cinnamon
1/2 t. Sage
1 c Soy Milk
1 c Vegetable Broth
1 lb. Penne or Bowtie Pasta

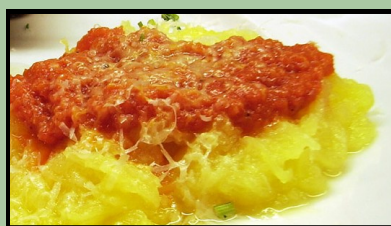


1. Preheat oven to 400 degrees.
2. Add squash, sweet potato, onion, garlic corn, oil and spices to a large Ziploc bag. Shake until mixed evenly.
3. Spread vegetables out on a cookie sheet. Bake in the oven for 30-35 minutes, until tender.
4. Cook the pasta until tender.
5. Add the vegetables, soy milk & broth to a blender and process until smooth. Pour sauce over the pasta noodles and gently mix. Serve hot!

1 Spaghetti Squash
2 c. chunky Spaghetti Sauce
2 T. Nutritional Yeast
1/2 t. Black Pepper
1/4 t. Salt
1/2 t. Dried Oregano

1. Preheat oven to 350 degrees.
2. Wash squash and use a fork to poke holes in it.
3. Place on a baking sheet and cook for 30-45 mins, until a fork is easily inserted through the skin.
4. Cut the squash in half and scoop out the seeds. Using a fork, shred the inside of the squash into a large bowl.
5. While the squash is hot, stir in the sauce, yeast, pepper, salt and oregano.

Italian Spaghetti Squash



**Featured Video - we are
on VegNews.com!
(click to watch)**

"Eating for a Healthy Heart"



Vegan Eggs Benedict

A vegan Eggs Benedict?!?

Vegan Eggs Benedict

Ingredients

3 "Eggs" (see recipe below)
Prepare Hollandaise Sauce (see recipe below)
1 ½ English Muffins
3 slices Veggie Bacon or 1/3 c. Sundried Tomatoes
Dill to sprinkle on top
Optional: 2 c. Spinach + ½ c. Baby Tomatoes, cut in half

1. Prepare the eggs and bake.
2. Lightly cook the Canadian bacon in a skillet over medium heat. Do not crispen, as it will dry out.
3. Toast the English muffins lightly, until the top is crispy.
4. Prepare the sauce. As it is warming, assemble the eggs benedict: English Muffin, then bacon or tomatoes, then "egg".

5. Drizzle Hollandaise sauce on the eggs benedict and sprinkle with dill.
6. Serve with a knife and fork.

For the eggs:

1 lb. block firm Tofu
1 t. Garlic Powder
1 t. Black Pepper
3 T Vegetable Broth

Egg Prep: Mix all ingredients together except the tofu. Cut the tofu into 3 slices, so you get wide pieces. Using a cookie cutter or small cup, cut the tofu slices into circles. Place the tofu in an oven safe baking dish and pour the mix over each piece evenly.

Hollandaise Sauce

3 T. Rice Milk (or soy milk)
2 T. Nutritional Yeast Flakes
3 T. Tofutti Sour Cream

Sauce Prep: Add all ingredients to a small saucepan and cook over medium heat. Stir continuously until desired thickness.

* If sauce stands and gets too thick, thin with extra rice or soy milk.

Makes 3 servings. For each serving: 242 Calories, 14g Fat, 2g Sat Fat, 0mg Cholesterol, 6g Fiber, 23g Protein, 248% Thiamine, 198% Riboflavin, 83% Calcium, 46% Vit B-12, 100% Niacin, 93% Manganese.

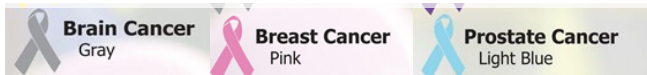


USE YOUR GROCERIES TO HELP THE CANCER PROJECT!

"PCRM Food For Life-Texas", the parent non-profit group of The Cancer Project, is now enrolled in Kroger's Neighbor-to-Neighbor donation program. With every purchase you make, Kroger will make a donation to fund our classes here in DFW at **no cost to you**. To enroll, print and bring [this sheet \(click here\)](#) to your cashier at checkout. They will link your Kroger plus card to PCRM-FFL-Texas and all future purchases will result in donations to our program. This is a simple way to help us continue our work here in DFW. Thanks for your support!



Basics of Cancer Prevention



Do we really have control over whether or not we get cancer? To an extent, yes! According to the National Cancer Institute, 35-60% of cancers in the United States are diet related. Of the remaining 40%, 30% is attributed to tobacco and 10% is credited to genetic and environmental factors. So, this means there's a lot we can do on our plates to lower our cancer risk.

Here are some basics to remember when eating:

- **Low-Fat.** The Cancer Project recommends getting 10% of total calories from fat. On a 2000 calorie diet, this is only about 200 calories from fat. Using vegetable broth instead of oil will help you meet this goal. In general, plants are 5-10% fat.
- **High-Fiber.** An ideal diet would include 40 grams of fiber per day. Fiber is found only in plant foods - it carries away carcinogens, cholesterol and excess hormones. Beans are the best sources of fiber.
- **Antioxidants.** Each plant has a unique mix of vitamins and minerals. Eat from all colors on the rainbow to ensure you get plenty of each. It is best to eat a mix of raw and cooked foods. For example, tomatoes have more lycopene, a potent prostate cancer fighter, when cooked.
- **Avoid dairy and meat products.** These may fuel some types of cancer and also encourage calcium loss. They also contain cholesterol and meats form heterocyclic amines (a carcinogen) when cooked.
- **Organic.** Ideally, our foods should be free of pesticides and other chemicals, and not be genetically modified. Organic foods are said to have 30-40% more nutrients than conventionally grown foods.

In our Cancer Project "Food For Life" classes, we teach how to prevent cancer and reduce recurrence using a low-fat, plant-based diet. The recipes are delicious and the information is thorough! I hope to see you there soon.

In the meantime, if you're wondering what to make for dinner, check out our hundreds of videos and recipes at www.plantbasedhealth.com

Upcoming Classes



FoodforLife Diabetes

Food For Life - DIABETES

Thursday, October 21st, 7:00-9:00pm

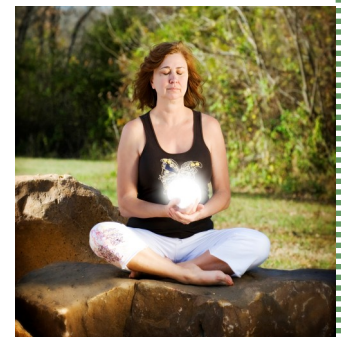
Westside UU Church, 901 Page Ave, **Ft. Worth**,
Class is free due to a generous sponsorship
Sign up with Vivian 214-649-7105 or
vivian@plantbasedhealth.com

Thursday, November 11th, 6-8pm
Meadowlakes Retirement Community,
5000 Meadowlakes Drive, **N Richland Hills**
Class is free due to a generous sponsorship
Sign up with Katherine 817-526-4811 or
katherine@plantbasedhealth.com

Special Combo!

Gentle Yoga + Food For Life Cancer class
Yoga: 3-4pm, Class: 4:15-6pm (\$20 in advance)

Saturday, Oct 9, Dallas
Meditation Center
727 S. Floyd Dr, Richardson
Register with
lynne@yogaindfw.com



Food For Life
CANCER

Saturdays, Nov 6th & 20th, 9am-3pm
Westside UU Church, 901 Page Ave, **Ft. Worth**
Register at www.cancerproject.org
Class is free due to a generous sponsorship