

# Nourish & Thrive

## NEWSLETTER

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*Rich butternut squash soup is creamy and satisfying.*

## *Fall Squash Soup*

### Ingredients:

- 1 tablespoon olive oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 2 pounds frozen butternut squash
- 1 bay leaf
- 1 pinch nutmeg
- Freshly ground pepper, to taste
- 4 cups low-sodium chicken broth
- 1 tablespoon thinly sliced green onions

### Directions:

1. Sauté onion and garlic in a large pan until golden, about 1-2 minutes. Add the squash, seasonings, and broth. Bring to a boil and reduce to a simmer. Cook for 10 minutes.
2. Remove bay leaf and serve with sliced green onion on top.
3. This soup goes great with a salad.

Serves 6. Each 1.5 cup serving: 127 calories, 3 g fat, .5 g saturated fat, 0 mg cholesterol, 0 mg trans fat, 55 mg sodium, 23 g carbohydrates, 3.5 g fiber, 4 g sugar, 5 g protein.



*A spicy and delicious chicken dish that will put smiles on everyone's faces.*

## *Air Fryer Spicy Yogurt Chicken*

### Ingredients:

- 4 chicken breast halves, boneless, skinless
- 1 cup plain nonfat Greek yogurt
- 2 tsp minced garlic
- 1 tsp paprika
- pinch chili pepper flakes
- 1 tsp oregano
- 1/2 tsp coriander
- 1 tsp cumin
- 1 tsp olive oil
- juice of one lemon

### Directions:

1. Score the chicken breasts.
2. Mix the rest of the ingredients together in a large mixing bowl. Stir well. Toss the chicken in the mixture, coating well on both sides.
3. Place in an air fryer and cook at 390 degrees for 25 minutes or until cooked all the way through. NOTE: if you cover the bottom of the air fryer with parchment paper it will make cleanup easier!
4. Allow to cool for 5 minutes then slice and serve. and serve.

Serves 4. Each serving: 181 calories, 4 g fat, 1 g saturated fat, 73 mg cholesterol., 0 g trans fat, 179 mg sodium, 6 g carbohydrate, 0 g fiber, 28 g protein.

# Shopping on a Budget: Go Potato!

**Potatoes are one of the most economical vegetables! A 5-pound bag of potatoes costs about \$2.99, making them .04 per ounce with about 26 calories. Many other vegetables cost around 12 cents per ounce.**



It's important to note that the nutritional benefits of potatoes can vary depending on factors such as cooking method and preparation. For example, deep-frying potatoes to make French fries or potato chips adds unhealthy fats and can decrease their nutritional value. Opting for **healthier cooking methods like baking, boiling, or roasting** and incorporating a variety of colorful vegetables and lean proteins alongside potatoes can help maximize their nutritional advantages as part of a balanced diet.

## **Potatoes offer several nutritional advantages:**

- **Rich in Nutrients:** Potatoes are a good source of several essential nutrients, including vitamin C, vitamin B6, potassium, and manganese. They also contain smaller amounts of other vitamins and minerals, such as niacin, phosphorus, and folate.
- **Dietary Fiber:** Potatoes provide dietary fiber, especially when consumed with the skin on. Fiber is essential for digestive health, helps regulate bowel movements, and can contribute to a feeling of fullness, which may aid in weight management.
- **Energy Source:** Potatoes are a carbohydrate-rich food, providing energy that is important for fueling the body's activities and functions. The starch in potatoes serves as a readily available energy source for the body.
- **Antioxidants:** Potatoes contain various antioxidants, including flavonoids, carotenoids, and phenolic acids. These compounds have been linked to reducing inflammation, protecting against chronic diseases, and supporting overall health.
- **Blood Pressure Regulation:** Potatoes are a good source of potassium, a mineral that plays a crucial role in regulating blood pressure. Adequate potassium intake may help lower blood pressure levels and reduce the risk of hypertension and related cardiovascular problems.
- **Digestive Health:** The resistant starch found in potatoes functions similarly to dietary fiber in promoting digestive health. It feeds beneficial gut bacteria, supports a healthy gut microbiome, and may reduce the risk of colon cancer.
- **Versatility:** Potatoes are incredibly versatile and can be prepared in numerous ways, including boiling, baking, roasting, and mashing. They can serve as a nutritious base for various dishes, from salads and soups to main courses and snacks.

# How to Keep Potatoes Healthy

Preparing potatoes is versatile and can be tailored to various recipes and tastes. Here are quick and easy tips to store, prepare, and cook potatoes in your kitchen.

## **Storage:**

Store them in a dry, dark place. Like a closed pantry or in a brown paper bag. This will prevent them from turning green. Do not store them in the refrigerator because their starch will turn to sugar.

## **Keep them Healthy:**

It's important to note that potatoes' nutritional benefits can vary depending on factors such as cooking method and toppings. For example, deep-frying potatoes to make French fries or potato chips adds unhealthy fats and can decrease their nutritional value. Opting for healthier cooking methods like baking, boiling, or roasting and incorporating a variety of colorful vegetables and lean proteins alongside potatoes can help maximize their nutritional advantages as part of a balanced diet.

It is super easy to keep them healthy! It is all about the preparation. Consider these delicious cooking methods:

## **Microwave:**

Everyone knows how easy it is to put a potato in a microwave and push a button. Most microwaves come with a baked potato button, but the general rule is to cook for 3-4 minutes per potato.

## **Air Fryer:**

You can cut a potato into wedges, dust it with seasonings, and place it in the air fryer for a crispy, delicious treat that is not deep-fried.

## **Roasted:**

Potatoes can be diced or cut into wedges and roasted in the oven. Just sprinkle with a little oil and seasonings, and you will have a crisp winner that can be cooked alongside your favorite protein entrees, such as baked chicken or fish.

## **Boiled and Mashed:**

Leave the peel on, dice, and boil for about 20-25 minutes. Then mash. Mix with a little skim milk, olive oil, and seasonings, and you have a heart-healthy winner.

## **Toppings and condiments:**

Load your potato with chili, veggies, nonfat yogurt, seasonings, and fresh herbs. Limit the high-fat cheese, bacon, and butter!

# How to Cook A Variety of Potatoes

Potatoes come in many varieties, and each type has its own best cooking methods. Here's a guide on how to cook different types of potatoes:



## 1. Russet Potatoes - Best for: Baking, mashing, frying

- **Baking:** Preheat your oven to 400°F (200°C). Scrub the potatoes, pierce them with a fork, rub with oil, and bake for 45-60 minutes.
- **Mashing:** Boil peeled and chopped potatoes in salted water until tender, about 15-20 minutes. Drain, then mash with butter and milk.
- **Frying:** Cut into fries or wedges, parboil for 5 minutes, then fry at 350°F (175°C) until golden brown.

## 2. Yukon Gold Potatoes - Best for: Mashing, roasting, boiling

- **Mashing:** Boil whole or chopped, then mash for creamy potatoes.
- **Roasting:** Cut into wedges or cubes, toss with oil, salt, and pepper, and roast at 425°F (220°C) for 25-30 minutes.
- **Boiling:** Perfect for potato salads, boil whole until tender, about 15-20 minutes.

## 3. Red Potatoes - Best for: Boiling, roasting, salads

- **Boiling:** Boil whole or halved for potato salads, takes about 15-20 minutes.
- **Roasting:** Toss with olive oil, garlic, and herbs, then roast at 425°F (220°C) for 25-30 minutes.
- **Steaming:** Steam whole or halved until tender, then toss with butter and herbs.

## 4. Fingerling Potatoes - Best for: Roasting, grilling, salads

- **Roasting:** Toss with olive oil and herbs, then roast at 425°F (220°C) for 20-25 minutes.
- **Grilling:** Parboil for 5 minutes, then grill until charred and tender, about 10-15 minutes.
- **Salads:** Boil whole until tender, slice, and toss with vinaigrette.

## 5. Sweet Potatoes - Best for: Baking, roasting, mashing

- **Baking:** Preheat your oven to 400°F (200°C), pierce the skin with a fork, and bake for 45-60 minutes.
- **Roasting:** Slice into wedges, toss with oil, salt, and spices, then roast at 425°F (220°C) for 25-30 minutes.
- **Mashing:** Boil peeled and chopped sweet potatoes until tender, about 15-20 minutes, then mash with butter and a bit of cream.

Each variety has its unique texture and flavor, so feel free to experiment with different cooking methods to find your favorite way to enjoy them!



# More Flavor Lower Sodium: Try These Seasonings

If you're looking to elevate your culinary skills and explore more complex and sophisticated flavors, here are some new ideas herbs, spices, and spice mixes to try:

1. **Cardamom:** Cardamom has a warm, slightly sweet, and citrusy flavor. It's commonly used in Indian and Middle Eastern cuisine, both in sweet and savory dishes.
2. **Sumac:** Sumac has a tart and lemony flavor and is often used in Middle Eastern and Mediterranean dishes, such as fattoush salad and kebabs.
3. **Za'atar:** Za'atar is a Middle Eastern spice mix made from thyme, sumac, and sesame seeds. It's great on bread, in marinades, or as a seasoning for roasted vegetables.
4. **Fennel Pollen:** Fennel pollen is prized for its sweet and licorice-like flavor. It can be used as a rub for meats or added to baked goods.
5. **Harissa:** Harissa is a North African chili paste made from roasted red peppers and spices. It adds heat and depth to sauces, stews, and grilled meats. You can also find Harissa seasoning mix.
6. **Garam Masala:** Garam masala is a complex spice blend used in Indian cuisine. It combines warm and aromatic spices like cardamom, cinnamon, and cloves.
7. **Herbes de Provence:** This French herb blend typically includes thyme, rosemary, oregano, and other aromatic herbs. It's perfect for seasoning roasted meats and vegetables.
8. **Ras el Hanout:** A North African spice mix, ras el hanout is a blend of various spices and herbs, including cumin, coriander, and cinnamon. It's used in tagines and couscous dishes.
9. **Shichimi Togarashi:** This Japanese spice blend contains chili peppers, orange peel, and various seasonings. It's commonly used to add heat and flavor to dishes like ramen and tempura.
10. **Fenugreek:** Fenugreek seeds and leaves have a slightly bitter taste with notes of maple. They are used in Indian and Middle Eastern cuisine, especially in curries and spice blends.
11. **Juniper Berries:** Juniper berries have a piney, resinous flavor and are a key ingredient in classic dishes like German sauerkraut and Scandinavian game dishes.
12. **Aleppo Pepper:** Aleppo pepper is a moderately spicy pepper with fruity and cumin-like undertones. It's popular in Middle Eastern and Mediterranean cuisine.
13. **Chinese Five Spice:** This Chinese spice blend combines five flavors—sweet, sour, bitter, salty, and umami. It's used in various Chinese dishes, particularly with pork and duck.
14. **Cubeb Pepper:** Cubeb pepper has a complex, pungent flavor with hints of juniper and black pepper. It's used in Moroccan cuisine.
15. **Anise Hyssop:** Anise hyssop offers a licorice-like flavor and is excellent in desserts, teas, or as a garnish for salads.

Adding these fancier herbs, spices, and spice mixes to your pantry can open up a world of culinary possibilities and help you create more refined and intriguing dishes. Experiment with one at a time in your recipes to discover new and exciting flavor combinations.