

#### Week #1 - Quick Roast Chicken & Root Vegetables

The fall is once again upon us and it's time to enjoy the best of what the season has to offer! This week we are challenging those who think roast chicken is just for Sunday dinner! Here is a great way to enjoy the taste of a Sunday roast chicken dinner with some delicious fall root vegetables and you can enjoy it any day of the week. Turnips are in season from October through March and are a great source of vitamin C, fibre, calcium & potassium. For an added health boost, swap out the white potatoes for sweet potatoes and serve alongside a spinach salad!

#### Week #2 - Turkey Potpie

It's that time of year when we are all wondering "What else can I do with turkey leftovers?" - fret no more because this week, we have a tasty & healthy way to use that leftover turkey. Coming in at under 500 calories per serving (and only 12g fat!), this dish is delicious comfort food without the guilt! With the added bonus of lots of Vitamin A and fibre, you really can't go wrong with this one. Enjoy!

#### Week #3 - Butternut Squash & Apple Soup

The weather is getting colder and it's the perfect time of year to warm up with a bowl of soup. Take advantage of some of the best foods of the season with this Butternut Squash & Apple soup! Low in fat, high in flavour and rich with phytonutrients and antioxidants, this soup makes a great lunch or can be added as a starter or side to dinner. Round it out with some fresh, crusty whole-grain bread and you've got yourself a fall winner!

#### Week #4 - Glazed Chocolate-Pumpkin Bundt Cake

Yes, you can have your cake and eat it too! Eating healthy means making room for dessert this week with this amazingly moist and delicious chocolate-pumpkin bundt cake. The pumpkin is the secret to keeping the cake moist and low in fat. At under 250 calories per serving, this cake will have you in chocolate heaven without the guilt of a traditional chocolate cake.

#### Week #5 - Black Bean & Chorizo Chili

Are you ready for some football? Even if you aren't a big football fan, this week's recipe will make an excellent addition to your Sunday dinner lineup! Black beans are low in fat, high in protein & fibre and a great source of calcium, magnesium, iron & vitamin B-6. Chorizo is a delicious, smoked Spanish sausage which can be found at most deli counters and in the cured meat section of your local grocery store. The combination of the two is outstanding and the surprise ingredient (chocolate!) takes this chili to a whole new level. Share it with your family and watch them clean their plates (all at under 350 calories per serving!).

#### Week #6 - Root Vegetable Stew with Dumplings

After an afternoon of raking leaves, there is nothing quite like digging into a hearty bowl of stew. Our final recipe of the series is going to have you taking full advantage of the best root vegetables that the fall has to offer. The addition of delicious, chewy dumplings will help warm your insides on a brisk fall afternoon. At around 400 calories per serving, you will also enjoy the health benefits of all the Vitamin A you could need (150% of your daily value, to be exact!), almost half a day's worth of Vitamin C and over 12 grams of dietary fibre.