

SPOTLIGHT ON SUMMER FOODS

WHAT'S THE SCOOP – SALAD OR SOUP?

As the nights begin to cool and nature prepares for a seasonal shift, so should your diet. You might find that, as September approaches, a nice, warm bowl of soup is much more appealing than a smoothie or a salad. It's best to make a gradual adjustment, just as nature does. As local availability of hydrating summer foods comes to an end, begin to seek grounding fall foods like beets and squash.



BEETS

FUN FACT: Beets were considered an aphrodisiac in ancient Roman times.

- ✓ Provide a bit of almost every nutrient you need.
- ✓ Their purple pigment has its own number of health benefits including anti-inflammatory benefits.
- ✓ With a high concentration of dietary nitrates, raw beets have been shown to temporarily lower blood pressure in just a few hours. May reduce the risk of heart attack and stroke.
- ✓ A source of l-glutamine to help with athletic recovery.
- ✓ Beetroot juice may also improve athletic performance by improving oxygen use.
- ✓ Low calorie but nutrient-dense, beets may help promote weight loss by reducing appetite.

BUTTERNUT SQUASH

- ✓ Rich in beta-carotene, used to make Vitamin A for vision, reproduction, cell communication, and skin and hair. Supplies 457% of the RDI for Vitamin A!
- ✓ 7 grams of fibre in one cup – filling fibre makes it a great choice to promote healthy weight loss.
- ✓ One ounce of baked seeds contains about 7 grams of protein!
- ✓ Equivalent to a banana in potassium content.
- ✓ It provides multiple antioxidants with anti-cancer and anti-inflammatory properties.
- ✓ Low in carbs, high in fibre, squash may help balance blood sugar.
- ✓ A good source of folate for the fetal brain, nervous system, and detoxification.
- ✓ A diet rich in beta-carotene may lower the risk of prostate cancer and lower your risk of asthma.

FUN FACT: You can eat the flesh, seeds, leaves, shoots, and flowers!



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SALAD OR SOUP – WHY NOT BOTH!

One of the best things about changing seasons is the new flavours they bring in. Just because summer is coming to an end, it doesn't mean our healthy habits have to as well. If you've made good strides eating more fresh produce and leafy greens, choose salads that will warm rather than cool. And hey, why not get excited about the crisp, fall feel and warm up with a cozy bowl of soup.

Beet Salad with Arugula

Serving up fall with beautiful beets on a bed of greens.



- 6 medium-sized beets
- 6 cups baby arugula
- 1/2 cup crumbled goat feta cheese
- 1/2 cup toasted pecan or walnuts
- 1/2 cup dried cranberries

Directions: Preheat the oven to 400°F. Line the bottom of a baking sheet with parchment paper. Wrap each beet tightly in foil and arrange on lined baking sheet. Bake in preheated oven for 1 hour or until tender. Unwrap beets and cool to room temperature then peel the skins and cut into cubes or wedges. Toss pecans in skillet and toast until golden. Allow to cool. Have arugula in a mixing bowl and add all ingredients. Top with a clean dressing of choice or make your own!
Makes 6 servings.

Basic Balsamic Vinaigrette

- 1/2 cup extra virgin olive oil
- 3 Tbsp balsamic vinegar
- 1 Tbsp mustard
- 1 garlic clove, pressed or finely minced
- 1/8 tsp salt and pepper

Directions: Combine in a mason jar and shake!

Nutrition Per Serving: Cal: 308 | Fat: 24g | Protein: 5g | Sodium: 409mg | Carbohydrate: 20g | Fibre: 4g | Sugar 14g

Adapted from: <https://natashaskitchen.com/beet-salad-with-arugula-balsamic-vinaigrette/>

Easy Butternut Squash Soup

Sweet and savory, the epitome of fall flavour.



- 3 tablespoons coconut oil
- 2 cups sweet onion, roughly chopped
- 2 pounds butternut squash, cut into 1-inch chunks
- 2 sweet potatoes, peeled and cut into 1-inch chunks
- 8 cups low sodium chicken or vegetable broth
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 Fuji or Honeycrisp, apple, cored, peeled and chopped
- 2-3 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup coconut milk, almond milk, or cashew milk

Directions: Melt the coconut oil over medium heat in a large pot. Add the onions and cook, stirring occasionally, until soft, about 5 minutes. Add the squash, sweet potatoes, broth, salt, and pepper. Bring to a boil, then cover and reduce the heat to low. Simmer until vegetables are very tender. Turn off the heat. Add the diced apple and honey and purée the soup with a handheld immersion blender until very smooth and creamy. Stir in the cinnamon, nutmeg, and milk of choice. Simmer until desired consistency. Makes 8 servings.

Nutrition Per Serving: Cal: 359 | Fat: 18g | Protein: 9g | Sodium: 542mg | Carbohydrate: 43g | Fibre: 5g | Sugar 19g

Adapted from: <https://www.onceuponachef.com/recipes/butternut-squash-and-sweet-potato-soup.html>

Sources: <https://www.healthline.com/nutrition/butternut-squash>
<https://www.healthline.com/nutrition/benefits-of-beets>