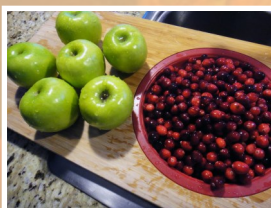


Fall Foods that Bolster the Immune System!

Eat more Pumpkin this fall.

It is loaded with Vitamin C and A, which can combat diseases and improve immunity, as well as honey and cauliflower that pack antioxidants that reduce inflammation. Other fall nutritious foods that can boost the immune system include Brussel sprouts, acorn squash, butternut squash, pears, cranberries and apples.



What's in season?

Carrots
Persimmons
Cauliflower
Cranberries
Winter Squash
Yams
Avocados
Oranges
Pomegranates



RECIPE OF THE MONTH

Roasted Whole Butternut Squash

Prep Time: 15 min. Cook time: 45 min. Serves: 8

Ingredients:

- 1 butternut squash, about 1 ½ to 2 pounds
- 2 tablespoons olive oil, divided
- kosher salt, for seasoning
- black pepper, for seasoning
- 1 tablespoon maple syrup
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon nutmeg
- 2 tablespoons chopped pecans, optional



Directions:

1. Set the oven rack to the center position and preheat to 400°F (204°C).
2. Wash and thoroughly dry the butternut squash.
3. Place the squash on a sturdy cutting board. Use a sharp chef's knife to trim the stem and bottom of the squash.
4. Starting at the larger side of the squash, carefully cut in half lengthwise, using small rocking motions.
5. Use a large spoon to remove the seeds. If desired, wash, separate and dry the seeds for roasting later.
6. Line a large baking sheet with foil. Grease the foil with 1 tablespoon of olive oil, use a paper towel to spread evenly.
7. Brush the flesh of the squash with 1 tablespoon of olive oil. Place the squash cut side down and evenly spaced on the baking sheet.
8. Roast until a knife can easily pierce into the flesh, about 30 to 45 minutes depending on the squash's size.
9. Carefully turn the squash over with tongs and season with salt and pepper. Serve as is or proceed with maple glaze.
10. In a small bowl, combine maple syrup, cinnamon, and nutmeg. Brush evenly on the flesh and roast until the surface is caramelized, about 8 to 10 minutes.
11. Garnish whole roasted butternut squash with chopped pecans. (optional)



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