



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

*Tis' The Season  
for Pumpkin  
Everything!*



Cooler weather is here and so is the start of the cold and flu season.

Kids are back in school, and germs spread quickly.

Vaccines are one part of staying healthy. But food is medicine, so you also need to eat nutrient-rich foods with immune-boosting benefits.

Pumpkin contains immune-promoting nutrients including vitamins A, C and E, beta carotene, and essential minerals like zinc, selenium, iron, and magnesium.

Adding pumpkin into your diet may help manage immune-related diseases, reduce how often you become sick, and help with faster recovery from infections.

Go beyond the seasonal pumpkin spice trend and find ways to add pumpkin into your diet.

With canned pumpkin puree, you can easily incorporate it year-round.

So, add a scoop of pumpkin puree to smoothies, pancakes, soups, chili and other foods for a simple nutrient boost!

Try this roasted veggie salad with a homemade pumpkin dressing.

## *Roasted Vegetable Salad with Pumpkin Goddess Dressing*

### Ingredients:

- 1 (9-ounce) pkg. Fresh Express® Sweet Hearts® Lettuce Blend
- 1 (12-ounce) package baby rainbow carrots
- 1 (12-ounce) package cauliflower florets
- 1 (9-ounce) package broccoli florets
- 3 Tbsps. olive oil
- 1/3 cup dried cranberries



Recipe and image courtesy of Freshexpress.com.

### Pumpkin Goddess Dressing:

- 1 cup plain Greek yogurt
- 1/2 cup pure pumpkin purée
- 1/4 cup mayonnaise
- 3 Tbsps. olive oil
- 2 Tbsps. apple cider vinegar
- 1 Tbsp. maple syrup
- 2 tsps. fresh thyme, minced
- 1 tsp. fresh rosemary, minced
- 1 tsp. cinnamon
- 1/2 tsp. salt

### Directions:

1. Heat oven to 425° F. Spray two baking sheets with cooking spray.
2. Cut any large carrots in half lengthwise. Place on a baking sheet and drizzle with 1 Tbsp. olive oil; toss to coat. Place the cauliflower and broccoli on another baking sheet; drizzle with the remaining olive oil and toss to coat. Bake for 20 minutes or until tender. Cool to room temperature.
3. Arrange the lettuce in a large bowl. Top with roasted vegetables and dried cranberries. When ready to serve, toss the ingredients and drizzle each salad with dressing.

### Dressing:

Place all ingredients in a blender; pulse to combine. Refrigerate until ready to serve. Can be made a day or two ahead of time.