



## Take 5 for your health

3 RECIPES. 5 HEALTH FACTS.  
1 QUICK READ FOR YOUR COFFEE BREAK.

### Pumpkin's true colors

The quintessential autumn squash is the pumpkin—dotting farmers' patches with beautiful orange hues and lining porches as jack-o'-lanterns on Halloween. But on our menus, pumpkins are mostly relegated to pies and the occasional muffin.

It's time for that to change. Pumpkin has so much more to offer, especially as a savory dish.

Pumpkins and their seeds are ancient superfoods. Pumpkins are full of antioxidants (see our *Take 5* health facts for more on this). And pumpkin seeds are a fantastic source of zinc, an essential nutrient for your immune system.

Try the **Roasted Pumpkin with Mexican Cheese Sauce** and **Pumpkin Cashew Coconut Curry** in this issue of *Take 5*. Be sure to use small sugar pumpkins rather than the larger carving pumpkins, which can be too stringy. Optimal seeds for our **Pumpkin Seed, Citrus and Cilantro Dip** are the hull-less, dark green seeds readily available in grocery stores rather than the white seeds you find in carving pumpkins.

Get ready to fall in love with pumpkin again.

## ROASTED PUMPKIN WITH MEXICAN CHEESE SAUCE

### SERVES 6

This colorful and unique appetizer is perfect for Thanksgiving dinner; it's sure to get your guests talking! If you roast the pumpkin and prep the sauce in advance, it comes together quickly. You can also toss the roasted pumpkin on your barbecue for a few minutes (instead of broiling it) for a smokier flavor that will really wow the crowd.

1 sugar pumpkin, kabocha squash or red kuri squash  
1 Tbsp (15 mL) extra-virgin olive oil  
Salt and pepper, to taste  
Cayenne pepper, to taste

### CHEESE SAUCE

1/2 cup (125 mL) feta cheese, crumbled  
1/4 cup (60 mL) plain yogurt  
1/3 cup (80 mL) sour cream  
3 Tbsp (45 mL) chopped fresh cilantro  
1 tsp (5 mL) cumin  
Black pepper, to taste

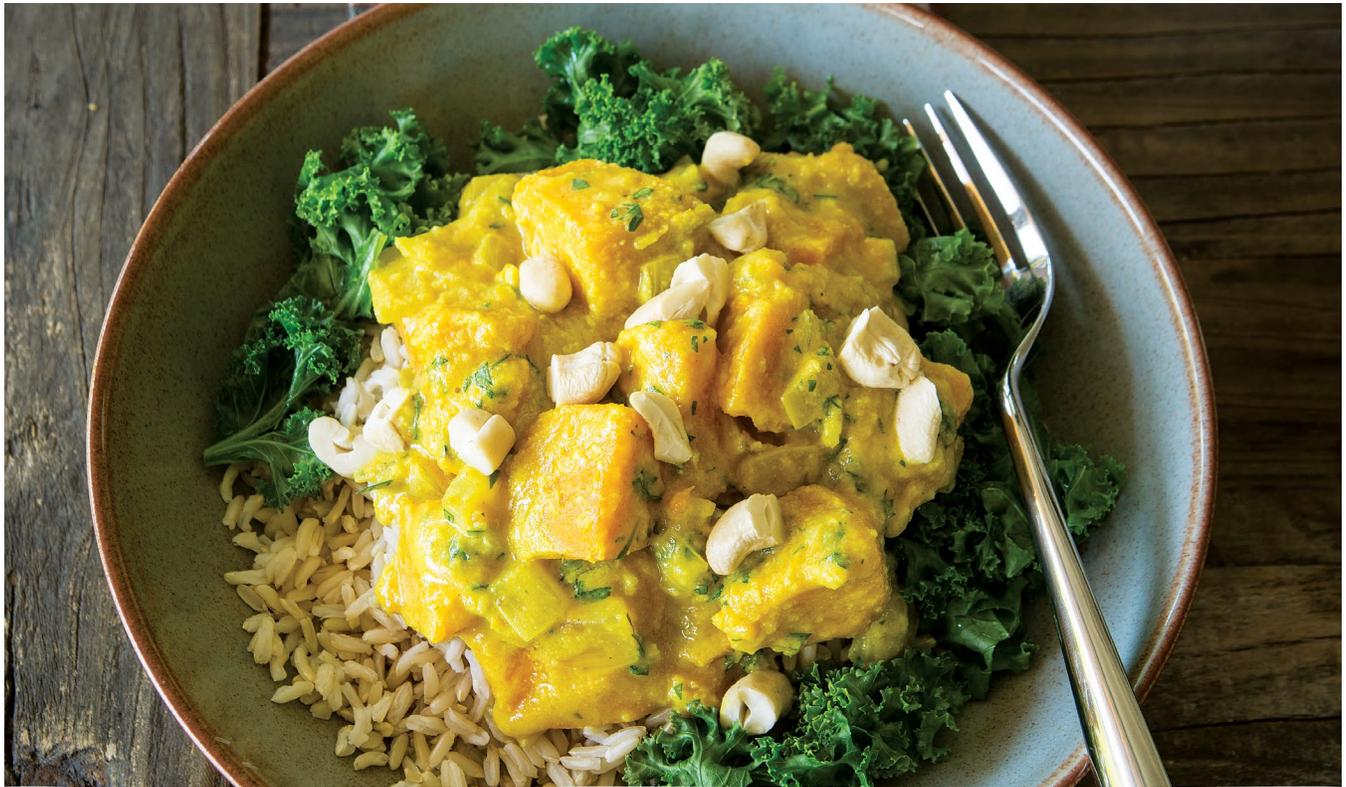
Preheat oven to 350 F (180 C). Cut pumpkin in half at stem and scoop out seeds. Cut each half into 3 or 4 pieces, depending on size of pumpkin, and place on baking sheet. Drizzle with olive oil and sprinkle with salt, pepper and cayenne to taste. Roast for 30 to 40 minutes, until fork tender but not mushy. Switch oven setting to broil and broil for 3 to 5 minutes to achieve a golden crispness.

Meanwhile, combine sauce ingredients in bowl. Refrigerate to allow flavors to meld until ready to serve.

Place cooked pumpkin pieces on cutting board and cut into halves or thirds (two-bite pieces), depending on size of pumpkin. Drizzle with cheese sauce and serve.

**EACH SERVING CONTAINS:** 166 calories; 6 g protein; 8 g total fat (4 g sat. fat, 0 g trans fat); 22 g total carbohydrates (5 g sugars, 4 g fiber); 323 mg sodium





## PUMPKIN CASHEW COCONUT CURRY

### SERVES 4

This curry is the color of sunset with the taste of the tropics. It's a bowl of comfort packed with only plant-based goodness. Serve over brown basmati rice with steamed greens or a side salad.

If you pre-roast pumpkin, it will keep for 3 to 5 days in the fridge, saving you time on a weeknight.

1 sugar pumpkin, kabocha squash or red kuri squash  
 1 Tbsp (15 mL) extra-virgin olive oil  
 Salt and pepper, to taste  
 Cayenne pepper, to taste  
 2 - 2 oz (56 g) packages creamed coconut  
 1 1/2 cups (350 mL) boiling water  
 2 Tbsp (30 mL) extra-virgin olive  
 1 large yellow onion, chopped  
 3 garlic cloves, minced  
 1 tsp (5 mL) turmeric  
 1 cinnamon stick  
 4 bay leaves  
 1/2 tsp (2 mL) salt  
 1/2 cup (125 mL) white wine  
 1/2 cup (125 mL) chopped cilantro  
 1 cup (250 mL) chopped cashews

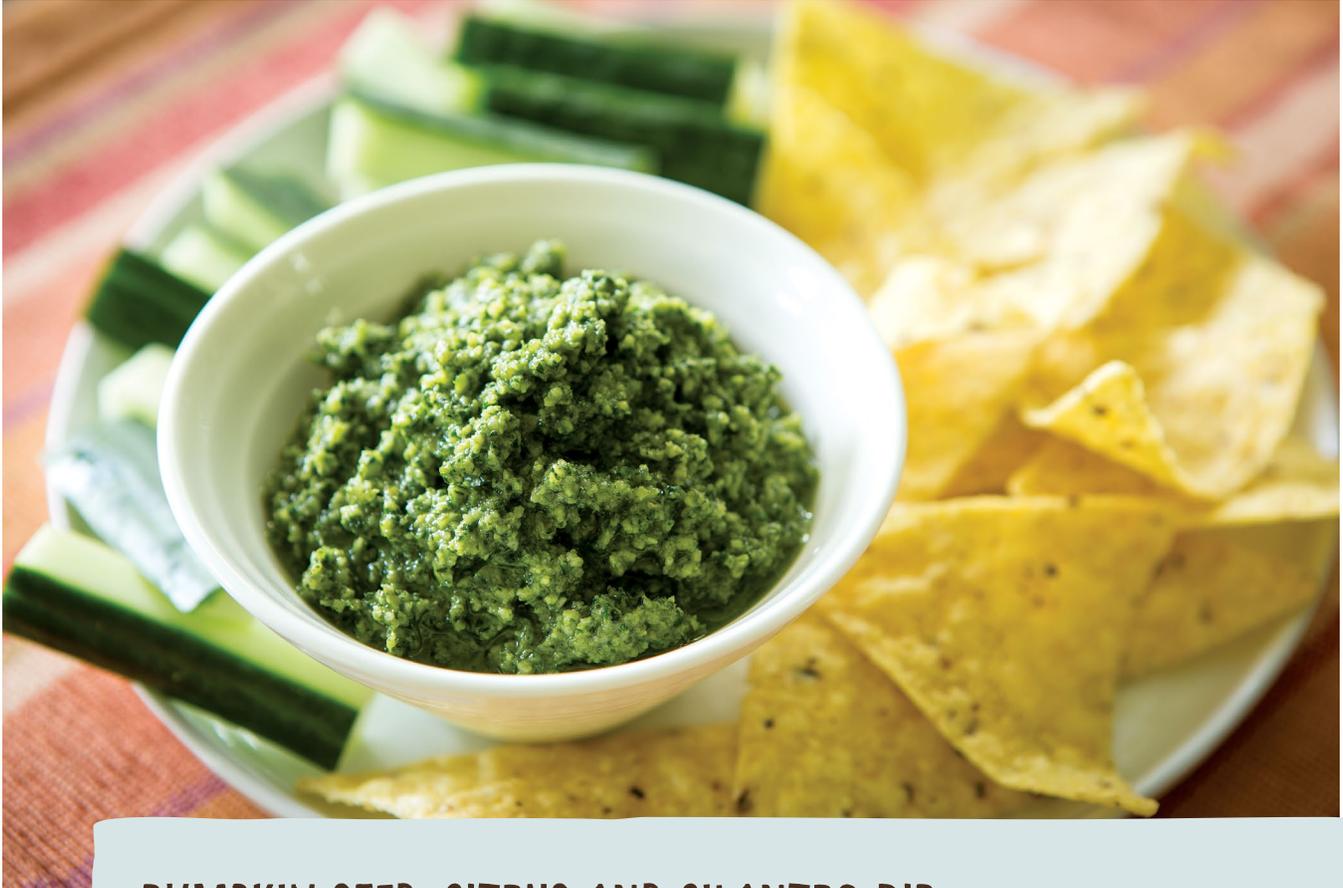
Preheat oven to 350 F (180 C). Cut pumpkin in half at stem and scoop out seeds. Cut each half into 3 or 4 pieces, depending on size of pumpkin, and place on baking sheet. Drizzle with olive oil and sprinkle with salt, pepper and cayenne to taste. Roast for 30 to 40 minutes, until fork tender but not mushy, then allow to cool enough to peel off skin. Chop into rough pieces.

Meanwhile, remove creamed coconut from packages and place in heatproof bowl. Add boiling water and stir to dissolve. Set aside.

Heat olive oil in large skillet over medium heat, then add onion. Cook for 10 to 12 minutes, until soft and golden, then add garlic, turmeric, cinnamon, bay leaves and salt. Cook for another 5 minutes, stirring often. Add white wine and stir for 2 minutes, then add pumpkin and dissolved coconut. Cook for 15 to 20 minutes to allow flavors to combine and pumpkin to soften. If it's becoming too thick, add up to 3/4 cup (180 mL) more water.

Just before serving, add cilantro and cashews.

**EACH SERVING CONTAINS:** 525 calories; 12 g protein; 33 g total fat (12 g sat. fat, 0 g trans fat); 49 g total carbohydrates (12 g sugars, 9 g fiber); 314 mg sodium



## PUMPKIN SEED, CITRUS AND CILANTRO DIP

SERVES 6

Your family won't be able to get enough of this delicious dip; good thing it's a cinch to prepare! It's also a refreshing sandwich spread for work lunches and pairs beautifully with goat cheese. Plus, it's full of goodness—protein, fiber, healthy fats and loads of antioxidants from vitamins A, C and E.

**1 cup (250 mL) unsalted  
pumpkin seeds,  
preferably raw**  
**1 bunch cilantro**  
**Juice of 1 lemon and 1 lime**  
**1/2 cup (125 mL) extra-  
virgin olive oil**  
**1 tsp (5 mL) salt**

Grind seeds in food processor until fine, then add remaining ingredients and puree for 3 or 4 minutes until well combined. Allow flavors to develop by refrigerating for a minimum of 1 hour or up to 24 hours. Serve with organic corn chips and cucumber sticks.

**EACH SERVING CONTAINS:** 408 calories; 13 g protein; 39 g total fat (6 g sat. fat, 0 g trans fat); 8 g total carbohydrates (1 g sugars, 3 g fiber); 410 mg sodium



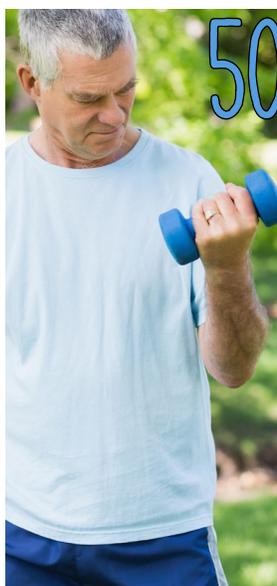
That's the angle the backrest of many office chairs should be at (relative to the floor) to help reduce back and neck pain. When it comes to office ergonomics, factors like the height of your desk and chair and the placement of your computer monitor all affect how healthy your workstation is for your body. To learn more, read "Easy Ergonomic Tweaks for Every Work Type" in [alive@work](#) online.



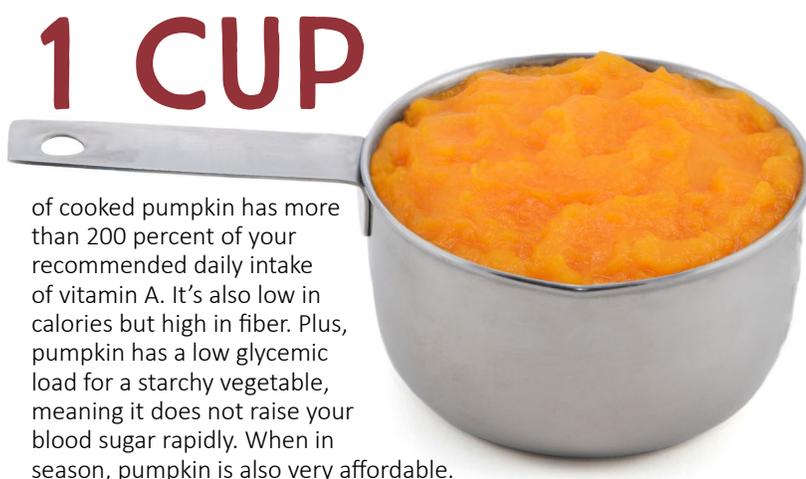
You'll want to keep your oven under this temperature when you're roasting pumpkin seeds to protect the healthy fats in the seeds. You'll also want to watch the seeds closely, as they can burn quickly! Instead of buying roasted pumpkin seeds, choose raw unsalted pumpkin seeds, keep them in the fridge or freezer to prevent rancidity and roast them as needed.



cast iron skillets let you make healthy DIY deep dish pizza. Roll your dough into a circle and place it in a skillet. With your fingers, press dough up sides of skillet and then roll down 1/4 in (6 mm) from the top to form crust. Add toppings (try the ones in "The Best Pizza You'll Ever Have" in [alive@work](#) online) and heat over high heat on the stovetop for 3 minutes. Move skillet to 450 F (230 C) oven and cook until crust is golden brown and crisp.



**50%** improvement in muscle strength was experienced by older people who completed a six-month program of regular resistance training in a recent study. These were regular people who didn't perform strength training before and started at a mean age of 68. The same study showed that resistance training was not only slowing the seniors' aging process, but also reversing it at the gene level.



of cooked pumpkin has more than 200 percent of your recommended daily intake of vitamin A. It's also low in calories but high in fiber. Plus, pumpkin has a low glycemic load for a starchy vegetable, meaning it does not raise your blood sugar rapidly. When in season, pumpkin is also very affordable.