



Gala Apples



"Ditch the Core and Eat Some More!"

Nutritional Benefit:

- One medium apple has only 81 calories.
- Provides 4 grams of fiber. Rich in vitamin C and potassium.

How to Pick, Store, & Prepare:

- Choose apples that are firm with no bruises or soft spots.
- The tan-colored areas on the skin, known as "scald," have no effect on flavor.
- Wash before eating; for the best nutritional value leave the skin on!
- To prevent browning; dip sliced apples in a mixture of lemon juice and water or sprinkle with fruit fresh.
- Apples can be stored in a plastic bag in the crisper drawer of the refrigerator and used within a few weeks.
- Apples can also be canned or frozen for longer storage.

How to Increase Consumption:

- Apples are the perfect on the go snack, eat as is or dip in peanut butter.
- For a quick baked apple; core and microwave for 5 minutes. Top with cinnamon, raisins and a dash of brown sugar.
- Replace oil in recipes with applesauce for cakes, muffins, and pancakes.
- Baked, spiced apples are a great topping for both chicken and pork.

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to Health**



Pumpkins



"Taste the Power of Pumpkin!"

Nutritional Benefit:

- 1 cup of cooked pumpkin has only 40 calories.
- Provides beta carotene and 4 grams of fiber.

How to Pick, Store, & Prepare:

- Choose pumpkins that are heavy for their size and free of soft spots.
- Choose smaller cooking pumpkins, they are more tender and sweet.
- Whole pumpkins can be stored at room temperature for one month or refrigerated for up to three months.
- Cooked pumpkin can be refrigerated for a few days, or frozen for up to six months.
- To prepare the pumpkin, wash the outside, slice in half lengthwise, scoop out the seeds and scrape away the stringy mass.
 - Place pumpkin halves cut side down and bake or microwave.
 - Pumpkin can also be peeled & cubed then steamed, boiled or roasted!

How to Increase Consumption:

- Pureed pumpkin can be used as a thickener in soup broth or added to spaghetti and pizza sauce.
- Include pumpkin in basic recipes such as: pancakes, breads, muffins, casseroles and soups.
- Sprinkle crushed pumpkin seeds over salads and cereals.
- Add pureed pumpkin to a breakfast smoothie or morning latte.

**Foot Steps
to Health**

The Foot Steps to Health program is a collaboration between the La Crosse County Health Department, Coulee Region Childhood Obesity Coalition, Gundersen Lutheran's 500 Club, local businesses and local universities.

Apple Recipe

Fruit Salsa

Serves 10

2 kiwis, diced
2 gala apples, diced
8 ounces raspberries
16 ounces strawberries, chopped
2 Tbsp. sugar
1 Tbsp. brown sugar
2 Tbsp. fruit preserves

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In a medium bowl, thoroughly combine all ingredients. Cover and refrigerate at least 30 minutes to allow flavors to blend.

Per serving: 70 calories, 0 g fat, 1 g protein, 17 g carbohydrate, 3 g fiber, 0 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved

Pumpkin Recipe

Autumn Enchiladas

Serves 8 (1 enchilada/serving)

4 cups chopped cooked turkey
1 (15 oz.) can fat-free refried beans
1 (29 oz.) can pumpkin puree
1/4 cup taco seasoning mix
1 (29 oz.) can tomato sauce
1 (8 oz.) pkg. low-fat shredded cheddar cheese
8 (10-in.) whole wheat tortillas

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Preheat oven to 375 degrees. Spray a 9x13-inch baking dish with cooking spray.

In a medium bowl combine turkey, beans, pumpkin, and seasoning. Spoon turkey filling into the middle of each tortilla. Fold top and bottom flap of tortilla towards the middle; then fold sides inward to enclose filling. Lay enchilada, seam side down, into the baking dish. Repeat with remaining tortillas and filling. Pour sauce over tortillas and sprinkle with cheddar cheese. Bake 35 to 45 minutes or until the cheese is melted and sauce is bubbling.

Per serving: 430 calories, 10 g fat, 38 g protein, 45 g carbohydrate, 12 g fiber, 1350 mg sodium

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For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.getactivewisconsin.org/>

(Click La Crosse County, click Get Healthy Eating)