

Healthy Halloween

Nutrition 101

Fall



HOW TO ROAST PUMPKIN SEEDS

- 1. Clean the seeds.** Make sure you clean the seeds, and make sure there is no reminiscence of pumpkin guts. After picking off the strands, give them a GOOD rinse with water in a colander.
- 2. Boil for 10 minutes in salt water.** Add the pumpkin seeds to a medium-sized pot of water along with 1 tsp salt. Bring it to a boil and reduce the heat to simmer, then uncover, for about 10 minutes over low-medium heat. This method helps make the pumpkin seeds easier to digest and produces a crispy outer shell during roasting.
- 3. Drain the seeds in a colander and dry lightly with a paper towel or tea towel.** The seeds will stick to the towel, but just rub them off with your fingers. Don't worry, they don't have to be bone dry - just a light pat down.
- 4. Spread seeds onto a baking sheet and drizzle with extra virgin olive oil** (Use about 1/2-1 tsp). Massage oil into seeds and add a generous sprinkle of Herbamare (or fine grain sea salt will do). Try to spread out the seeds as thin as possible with minor overlapping.
- 5. Roast seeds at 325F for 10 minutes.** Remove from oven and stir. Roast for another 8-10 minutes. **When the last 5 minutes of roasting, remove a few seeds and crack open to make sure the inner seeds are not burning** (you don't want the inner seed brown). Cool a couple and pop them into your mouth to test. They are ready when the shell is super crispy and easy to bite through. The inner seed should have only a hint of golden tinge to it. They should not be brown.
- 6. EAT!** Remove from oven, add a bit more Herbamare, and dig in! There is no need to remove the outer shell; it's quite possibly the best part!

SO, IT'S THAT TIME OF THE YEAR AGAIN, FOR GHOSTS, GOBLINS, AND GUMMY TREATS. IT'S THE TIME OF THE YEAR TO PLAY PRETEND, DRESS UP, AND LET LOOSE, BUT IT'S ALSO THE TIME OF YEAR FOR TONS OF TREATS THAT MIGHT NOT BE AS GOOD FOR YOU AS THEY MAY TASTE. LUCKILY FOR YOU NUTRITION 101 HAS SOME HALLOWEEN TIPS TO MAKE YOUR HALLOWEEN HEALTHY, HAPPY AND LET'S NOT



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Top 5 Tips for a Healthier, and Happier Halloween

NutRition 101

Fall 2013

Try These Tasty Halloween Snacks



Tangerine Pumpkins
Banana Ghosts

Ingredients

- 4 bananas
- 24 chocolate chips, regular sized and/or mini
- 4 tangerines
- 1 stalk celery

Preparation

1. Peel the bananas and cut them in half. Place the cut side down so the banana halves stand up.
2. Use small chocolate chips to make ghost eyes and large chocolate chips to make ghost mouths, low fat chocolate icing works just as well if you don't have chocolate chips
Note: To prevent bananas from getting brown you can gently drip them in vinegar or lemon juice.
3. Peel the tangerines.
4. Cut the celery lengthwise into thirds and then across into 1/2 inch pieces. Insert the celery pieces the tops of the peeled tangerines to resemble pumpkins.



Have No Fear Healthy Halloween Tips are Here!

#1: Roast your pumpkin seeds: Don't throw out the pumpkin after Halloween the seeds can be used for a tasty treat. Better than candy corn!

#2: Try a healthy snack: Instead of munching on the usual Halloween candy, try making a healthy snack either with the family or by yourself. Opt for Tangerine Pumpkin or a refreshing Banana Ghost.

#3: Hand out non- sugary treats: If you're going to hand out treats for Halloween try to go for a box of raisins or package of apples.

#4: Trick or treat and exercise: It's so easy to get caught up in driving the kids everywhere routine, but allow children to walk door to door for treat or treating instead of driving them.

#5: Fill up before you go out: Make sure to eat before you go out to trick or treat. That way you fill up on nutritious foods instead of candy.