

# Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

## MORE Orange and Yellow

### Cutting Corners

#### Mock Pudding

##### Ingredients

- 1 cup Greek yogurt
- Juice of one fresh lemon
- Pinch of salt
- Honey or sugar to taste
- Dash of turmeric, optional for color

Blend all ingredients in a bowl. This recipe is great for dessert, combined with fruit, or for breakfast with granola.



**Answer: Orange.** One orange contains 70 mg of beta-carotene, while the juice of one fresh orange has only 33 mg of this nutrient.

*Answer to the question found in the October (1) edition.*

### Keep It Safe

Here are a few tips to keep children safe during Halloween. Children should not snack while out trick-or-treating. Give them a snack or light meal before leaving. Tell children not to eat anything that is not commercially wrapped. Trick-or-treaters should wait until they get home and you can check their candy before they eat their goodies.

### Family Connections

Just because it is getting colder, doesn't mean we can't enjoy outdoor activities anymore. With the fall, leaves start falling, giving us yet another opportunity for a fun family activity.

Leaf raking is a pulling activity that works the muscles of the upper body and midsection. Have the whole family join in the fall yard exercise. Who can make the biggest piles? Reward yourself with jumping in the piles. If you have preschoolers, supply them with child-size rakes, so that they can help just like the adults and bigger kids.

Remember not to overstrain yourself. Don't spend more than 1-2 hours on leaf raking, and just leave the rest for another exercise day.



### Food on the Move

#### Roasted Pumpkin Seeds

Pumpkin seeds are healthy snacks that are easy and quick to prepare. With this recipe, there is no need to throw them out ever again.

1. Place seeds in a single layer on an oiled baking sheet, stirring to coat.
2. Sprinkle with salt (and any other spices you like) and bake at 325°F until toasted, or about 25 minutes. Stir after 10 minutes.
3. Cool and store in air-tight container or bag.
4. Enjoy.



**Pumpkin Soup**  
**Servings: 4**

**Ingredients**

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15oz) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon

- 1/4 teaspoon ground nutmeg
- 1 cup skimmed milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped



In a large saucepan, heat 1/4 of cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil. Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

**Sweet Potato Foil Packet Taco**  
**Servings: 6**

**Ingredients**

- 1/2 pound ground beef or turkey
- 1/2 cup tomato sauce
- 2 pounds sweet potatoes, peeled and cubed
- 3/4 teaspoon salt, divided
- 1 1/2 cups shredded cheddar cheese

- 3 tablespoons taco seasoning
- 1 15-ounce can black beans, rinsed
- 2 tablespoons butter, divided
- 1 1/2 cups fresh chopped spinach



Preheat oven to 425°F. In a skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside. Lay out six 12-inch long pieces of aluminum foil; spray each piece with non-stick spray. In the center of a piece of foil, place 1 cup of sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup of cheese. Fold sides of foil in over the mixture; fold the top and bottom ends of the foil inward and seal. Repeat with remaining foil and ingredients. Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes. Serve with sour cream or guacamole.

**ASK AN AGENT**

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt and Sheridan Counties.

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**What Can I Do Today?**

Give away healthy/healthier treats for Halloween. Here are some ideas:

Trail mix, raisins or chocolate covered raisins, beef or turkey jerky, sugar-free gum, apple cider packet, snack-size applesauce cups, individual juice packs (100% juice), microwave popcorn, single serve boxes or ready-to-eat cereals, 100 calorie packs of various products.