It’s Harvest Time!

The leaves have turn color, and we’ve said good by to the dogs days of summer. It’s officially Autumn! It’s time for wool sweaters, warm beverages, and comfort foods. Many are preparing holiday menus for the big Thanksgiving feast and anticipating the delicious foods that make up some of holiday seasons tastiest traditions. November is also one of the best times to enjoy fresh produce. Farmers markets, apple orchards, and local groceries are abundantly stocked with some seasonal fruits and loads of veggies.

Know Your Thanksgiving Nutrition

**Turkey Breast:** The staple of Thanksgiving dinner, turkey can be a great lean protein choice. It’s high in tryptophan which is responsible for making you sleepy after your big meal.

**Serving size:** 3 oz.
**Nutrition facts:** 135 calories, 0g carbs, 0g fiber, 30g protein, 1g fat

**Cornbread:** When prepared using 2% low-fat milk, cornbread will provide about 15% of the daily recommendation for calcium. Be mindful though – this tasty bread comes packed with calories.

**Serving size:** 2-inch square
**Nutrition facts:** 173 calories, 28g carbs, 1g fiber, 4g protein, 5g fat

**Collard Greens:** This Southern favorite is an excellent source of vitamins A, C, K, folate, as well as manganese, and fiber. A single serving provides 10% of the daily recommendations for iron, making it a great source for vegetarians and vegans.

**Serving size:** 1 cup
**Nutrition facts:** 10 calories, 6g carbs, 3g fiber, 3g protein, 0g fat

**Sweet Potatoes:** A half cup of baked sweet potatoes has more than 300% of the daily recommendations for vitamin A. This vitamin helps to keep your vision, skin, and muscles healthy. This yummy root veggie is a source of great beta carotene – which helps fight aging, chronic disease, and cancer.

**Serving size:** 3oz.
**Nutrition facts:** 77 calories, 17g carbs, 3g fiber, 2g protein, 0g fat
Smart Holiday Dessert:  
Apple Pie Yogurt Parfait

Apples are all the rave this time of year, and have just about a million uses! Enjoy this light-weight, fun dessert is a new fresh twist on a holiday favorite!

Ingredients

- ¼ cup pecans, chopped
- 1 cup apple, cored, but not peeled, diced into ¼” inch pieces
- 3 teaspoon brown sugar
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 cups Greek yogurt

1. To toast the pecans: Preheat the oven to 400 degrees. Arrange pecan pieces on a baking sheet and bake for 3-5 minutes.

2. Remove from oven and allow to cool.

3. In a mixing bowl, combine the toasted pecan pieces, diced apple, sugar, cinnamon and nutmeg. Toss well to combine.

4. In a small glass or parfait cup place ¼ of the granola, then place ¼ of the yogurt. Top with a sprinkling of granola. Repeat.

NUTRITIONAL INFO:

CALORIES: 225  
CARBS: 31mg  
PROTEIN: 11g  
FAT: 7g  
SAT. FAT: 1g  
CHOLESTEROL: 3mg  
SODIUM: 41mg  
FIBER: 2.5mg