

Participant Handout

Menu

Harvest Soup
Pumpkin Bars

Game Plan:

1. Prepare pumpkin bar batter and place in oven
2. Prepare all vegetables and set aside
3. Remove bars from oven and cool slightly
4. Prepare soup recipe and simmer
5. Prepare cream cheese frosting & frost bars
6. Clean up and set table
7. Serve up & enjoy meal
8. Finish cleaning up

Harvest Soup Serves 8-10

Ingredients

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 1 clove garlic
- 1 lb ground turkey
- 1 medium zucchini, sliced
- ½ cup carrots, sliced
- ½ cup celery, sliced
- ½ cup squash, peeled and cubed such as acorn, butternut, or kabocha,
- 1 lb tomatoes, chopped, or 14 oz can tomatoes
- 6 cups chicken or vegetable stock, low sodium
- ½ cup elbow macaroni
- 1/4 tsp each pepper, nutmeg, and salt
- 2 Tbsp parsley, chopped (optional)
- Parmesan cheese – garnish

Directions

1. Bring water to boil in a 4-5 quart pot or Dutch oven.
2. Cook elbow macaroni 4-5 minutes in boiling water.
3. Drain and set aside. Macaroni will be al dente.
4. Heat a 4-5 quart pot or Dutch oven over medium high heat.
5. Add oil, let warm 30 seconds, and add onions.
6. Sauté chopped onions until limp, 2 minutes; add garlic and sauté another 1 minute.
7. Add ground meat and sauté until cooked, 5-6 minutes.

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8. Add zucchini, carrots, celery, and squash, sauté 1 minute more.
9. Add tomatoes, broth, salt, pepper and nutmeg.
10. Bring to a boil.
11. Reduce heat to low, cover and simmer 30 minutes.

Note: Soup can be prepared up to 2 days ahead to this point. – However, you may need to add 1 cup of broth if the broth is absorbed)

- Uncover simmering pot, add macaroni, optional parsley and continue to simmer 10 minutes longer. Serve immediately sprinkled with parmesan cheese and a slice of crusty bread.

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	180		
Total Fat	8	g	12%
Saturated Fat	2	g	10%
Trans Fat	0 *	g	
Cholesterol	45	mg	15%
Sodium	630	mg	26%
Carbohydrates	12	g	4%
Dietary Fiber	2	g	8%
Sugars	4 *	g	
Protein	14	g	
Vitamin A		IU	40%
Vitamin C		mg	25%
Calcium		mg	4%
Iron		mg	10%

* indicates one or more ingredients in your recipe has an unavailable nutrient value.

Whole Wheat Pumpkin Bars with Cream Cheese Frosting

Serves 16

Ingredients bars

- 1/2 cups honey
- 2 cups whole wheat flour
- 16 ounces can pumpkin
- 4 eggs
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

Directions bars

1. Pre-heat oven 350°
2. Combine all cake ingredients.
3. Pour into un-greased 9X 13 inch pan.
4. Bake at 350 degrees for 25-35 minutes. Let cool.

Ingredients frosting

- 4 ounces package cream cheese
- 4 tablespoons unsalted butter
- 1/3 cup apple juice, unsweetened
- 1/4 cup honey
- 1 teaspoon vanilla

Directions frosting

1. Frost when cooled with:
2. Cream softened cream cheese and butter.
3. Gradually add sugar beating until well blended.
4. Stir in vanilla.
5. Frost cooled bars with cream cheese mixture
6. Cut into bars

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Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	230		
Total Fat	7	g	11%
Saturated Fat	3.5	g	18%
Trans Fat	0 *	g	
Cholesterol	60	mg	20%
Sodium	320	mg	13%
Carbohydrates	40	g	13%
Dietary Fiber	3	g	12%
Sugars	27	g	
Protein	4	g	
Vitamin A		IU	90%
Vitamin C		mg	2%
Calcium		mg	6%
Iron		mg	8%

* indicates one or more ingredients in your recipe has an unavailable nutrient value.