

Here are the notes that correspond to the video you just watched at www.CarolynMaul.com on the Top 10 Autumn Power Foods!

Now you can impress all of your dinner guests with your in depth knowledge of health and nutrition!

Enjoy!

#1 Pumpkin

Pumpkins are an important autumn comfort food because they are loaded with antioxidants, beta-carotene, Vitamin C and Folate. Even the seeds are packed with nutrition and are a rich source of Zinc and Omega 3 fatty acids. The air gets quite dry in autumn, which can affect your skin and make it look dull and chapped. Making pumpkin a part of your diet, can keep your skin moisturized, supple and free from infections. Pumpkin is a delicious low calorie, highly nutritious food. It's an excellent source of beta-carotene, an antioxidant that has been associated with decreasing risk for cancer and cardiovascular disease, as well as improving vision. In addition, it's a good source of blood pressure-reducing potassium and B-vitamins which can increase energy levels and improve exercise recovery. A relative of cucumbers and melons, the pumpkin is actually a fruit and not a vegetable (nutrition fun fact of the day: anything with seeds is a fruit).

#2 Apples

Apples contain flavonoids, which are one of the most powerful antioxidants available in food form. From lowering the risk of health diseases to preventing cancer, apples have many health benefits. There are two reasons why they are a good choice, especially in the autumn season – first they have strong anti-inflammatory and anti-allergenic properties that will fight off the common infections and allergies that crop up in the autumn season; and secondly, they are excellent for your skin and can help your look and feel younger. Have them with your morning breakfast, or as a mid-day snack, and you can really keep the doctor away!

#3 Cranberries

Cranberries are delicious, juicy and absolutely healthy fruit widely available in the autumn season. They are low in calories and are packed with Anthocyanins, heart-healthy antioxidants. Cranberries also play an important role in treating gum diseases, mouth and stomach ulcers, urinary tract infections and various forms of cancer. You can find fresh cranberries from September through December, but most of it is used for cranberry sauce and juices.

The cranberry, along with the blueberry and Concord grape, is one of North America's three native fruits that are commercially grown. Cranberries were first used by Native Americans, who discovered the wild berry's versatility as a food, fabric dye and healing agent. Today, cranberries are commercially grown throughout the northern part of the United States and are available in both fresh and processed forms.

#4 Garlic

Garlic truly is nature's own medicine. It contains Allicin, a chemical that is highly effective against viruses, fungi and bacteria. Internal consumption of garlic can reduce the LDL cholesterol levels in the blood and prevent cancer. As for the autumn blues, eating garlic can significantly improve your mood too.

#5 Ginger

Ginger has a lot of inherent heat, which is what makes it an ideal autumn comfort food. Whether you prefer ginger tea, or ginger pickle or just plain julienned ginger with honey, the benefits of this root are many. It can heal cough, cold and throat congestion, soothe your stomach and provide relief from digestive problems, fight nausea and even work wonders in driving away the allergies. Recent research has found that ginger works as a natural anti-inflammatory agent and is quite good for musculoskeletal ailments.

#6 Parsnips

Parsnips are a root vegetable that belong to the family of carrots. They are a rich source of Fiber, Vitamin C, Iron and Calcium. They are abundant in colder areas, and are mainly a winter vegetable. You can either eat them raw, for their sweet and delicate flavor or you can steam and cook them with different vegetables.

#7 Kale

Kale is a deep green leafy vegetable mostly available in the autumn season. Kale works as an immunity booster (a must in autumn), clears lung congestion, wards off the allergies and infections. It is particularly beneficial for stomach and liver infections. Kale is rich in iron, beta carotene, calcium, potassium and Vitamin C, and is a must include in your list of autumn comfort foods.

#8 Sweet Potato

Apart from the fact that sweet potatoes are widely available in autumn and taste great, they are also a storehouse of health benefits. These yummy delights contain high amounts of beta-carotene (vitamin A) and Vitamin C, so you can easily ward off cold and other infections. Sweet potatoes are a great food choice for diabetics, as they are

low glycemic food. The high amount of dietary fiber present in sweet potato promotes a healthy digestive tract and relieves constipation. For best flavor, eat these hot.

#9 Cinnamon

It's one of the oldest known spices, and a perfect choice for autumn. Cinnamon is often used in traditional Chinese and Ayurvedic medicines for treating cold, cough, nausea, flatulence, diarrhea, diabetes and many other physical ailments. It can soothe your senses and keep your body warm and comfortable in the cold season. Cinnamon is also believed to improve energy and vitality, and is especially useful for people who have warm upper bodies but cold feet. You can sprinkle cinnamon powder over salads and side-dishes, mix it with juices or drink it with tea.

#10 Pepper

Another group of herbs, which are good for your taste buds as well as your health, are different forms of pepper. Adding pepper to your food can help you in various ways – it improves digestion, reduces flatulence, treats gastrointestinal disorders, kills bacteria and viruses, clears chest congestion, treats cough and cold, and so on. It is also a rich source of antioxidants. Whichever form of pepper you prefer – cayenne, black or white, they are all a wonderful and healthy addition to your recipes especially during autumn.

Curried Sweet Potato-Apple Soup

Ingredients:

3 medium sweet potatoes
3 tbsp unsalted butter
1 small onion, chopped
2 cloves garlic, smashed
1 2-inch piece of ginger, peeled and grated
¼ tsp. grated nutmeg
1 ½ tsp Madras curry powder
Salt & freshly ground pepper
2 c. low sodium chicken broth
1 ¼ c. chunky applesauce
1 tbsp extra virgin olive oil
1 tbsp apple cider vinegar
1-2 tbsp chopped fresh cilantro

Preparation:

1. Preheat the oven to 425°. Peel and dice 2 ½ sweet potatoes. Melt 2 tbsp butter in a large pot over medium heat. Add the onion and garlic and cook until soft, about 5 min. Stir in the ginger, nutmeg, 1 ¼ tsp curry powder, salt and pepper to taste and cook until toasted, about 1 more minute.
2. Add the diced sweet potatoes, chicken broth and 2 c. water to the pot. Cover and bring to a boil over medium-high heat. Reduce the heat to medium low and stir in the applesauce. Simmer, covered, until the sweet potatoes are soft, about 20 minutes. Puree the soup with a blender until smooth. Season with salt and pepper; keep warm.
3. Meanwhile, peel and thinly slice the remaining ½ sweet potato and toss with the olive oil, and salt and pepper to taste. Spread in a single layer on a baking sheet and bake until crisp, 7-10 minutes.
4. Heat the remaining ¼ tsp curry powder and cook, stirring until browned; remove from the heat and add the vinegar.
5. Top with the curry butter, cilantro and sweet potato chips.

Roasted Parsnips, Carrots, and Shallots

- 1 1/2 pounds medium carrots (about 8), scrubbed well (peeled if desired)
- 1 1/2 pounds parsnips (about 6), scrubbed well (peeled if desired)
- 8 shallots, halved if large
- 1/4 cup extra-virgin olive oil
- Coarse salt and freshly ground pepper

Preheat oven to 450 degrees. Toss carrots, parsnips, and shallots with oil, and season with salt and pepper. Spread mixture onto 2 baking sheets, and roast, turning sheets twice and rotating once, until vegetables are golden brown and tender, about 35 minutes (remove shallots if cooked first).

Oven Baked Sweet Potato Fries

- Prep time: 10 minutes
- Cook time: 30 minutes

The baking times are approximate; it depends on how thick you cut the wedges or rounds of sweet potatoes. Try to cut them evenly so they all cook at about the same rate. For best browning results bake only one sheet at a time.

Ingredients

- 2 pounds sweet potatoes, about 3 large ones
- 1/4 cup olive oil
- 1 Tbsp salt
- 1-2 Tbsp spice or spice combination of your choice: cinnamon, nutmeg, chipotle powder, smoked paprika, Chinese five-spice, pumpkin pie spice, garam masala, Cajun seasoning, etc.

1 Preheat oven to 450°F. (For more crispiness, preheat your oven to 500°F.)

2 Your choice to peel the sweet potatoes or not, I leave the skins on and cut off the ends. Cut the potatoes in half lengthwise and then, if they are very long, in half crosswise. Cut each piece into wedges. Alternately, you can slice the sweet potato into disks either with a mandoline or a sharp knife.

3 Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle with salt and spices of your choice. Use your hands to mix well, so all pieces are coated with oil and spices.

4 Spread the sweet potatoes out in a single layer on a baking sheet; the oil they are coated with should keep them from sticking to the pan. If you are trying to cut fat, reduce the oil to 2 Tbsp and use a non-stick coating on the baking sheet.

5 Bake for a total of 25 to 30 minutes. After the first 15 minutes, remove the baking sheet from the oven and turn over all of the sweet potato pieces. Return to the oven and bake for another 10-15 minutes, or until they are well browned. Let cool for 5 minutes before serving.

Yield: Serves 4-6 as a side dish.

Festive Cranberry Relish

Servings: 3 cups

Ingredients:

1 Bag of Fresh or Frozen Cranberries (12 oz.)

3/4 C. Sugar

1/2 Cup Red Wine

2 Apples Cored, Unpeeled and Chopped

1/4 C. Finely Shredded Orange Peel

1/2 C. Walnuts, Chopped and Toasted

Method:

Combine cranberries, sugar and wine in a saucepan. Cover Saucepan. Bring mixture to a boil, stirring occasionally. The skins will pop on the cranberries and the sugar will dissolve. Reduce heat and cook for 15 minutes, stirring occasionally.

Remove from heat and stir in the chopped apples and orange peel. Set aside to cool.

Stir in toasted walnuts. Relish will thicken as it cools. Serve at room temperature or chilled.

Presentation: Cut oranges in half and remove pulp, leaving the orange shell intact. Spoon cranberry relish into orange shells.

Source: Ann Marshall, Hudson, Massachusetts

Green - Cran Twist Smoothie

1 cup of fresh cranberries,
1 peeled orange,
1 pear,
the juice of 1 lemon,
1 cup of kale leaves,
1 handful of baby spinach,
3-4 leaves of mint,
1 whole banana,
1 cup of coconut water,
1 cup of ice.

Kale and Berry Smoothie

- 1 cup original Almond Breeze
- 2 leafs of organic kale
- 1 very ripened banana
- 1 Tbsp. flax
- 1 handful organic blueberries

Both of these smoothie recipes simply need to be mixed in your blender!