RECIPE

Roasted Carrots and Parsnips

Spinach, Orange, and Beet Salad

Creamy Butternut Squash and Roasted Pear Soup
Autumn Harvest

Whether sliced, roasted, or pureed, fall vegetables offer many ways to welcome in this beautiful season. By Robyn Webb, MS, LN

It’s nearly time to pack away the bathing suits and pull out the leaf rakes: Autumn is coming. If you enjoy turning your home into a cozy fall retreat, your dining room is a great place to start. Autumn brings with it a bounty of wonderful, rich vegetables, including easy-to-prepare parsnips, beets, and butternut squash. These foods are very nutritious, supplying ample amounts of vitamin C, vitamin A, and fiber. They also can provide the bases for very elegant, tasty side dishes, salads, and soups. So celebrate the flavors and mood of the season with these savory dishes!

Roasted Carrots and Parsnips

Makes 10 servings
Preparation Time: 15 minutes
Cooking Time: about 20 to 30 minutes

1. Heat the oven to 450°F. Combine the vegetables with the oil, salt, and herbs. Toss to coat.
2. Arrange vegetables on two parchment paper–coated baking sheets. Roast until soft on the inside and browned on the outside, about 20 to 25 minutes, being careful to watch for any over-browning. Flip the vegetables halfway through the cooking. Serve warm or at room temperature.

NUTRITION FACTS
Serving Size ½ cup
Vegetable Exchanges 2
Fat Exchanges 0.5

AMOUNT PER SERVING
Calories 72
Calories From Fat 26
Total Fat 3 grams
(Saturated Fat 0.4 grams)
Cholesterol 0 milligrams
Sodium 128 milligrams
Total Carbohydrate 11 grams
(Dietary Fiber 3 grams; Sugars 3 grams)
Protein 1 gram

Photographs by Taran Z; food preparation and styling by Susan Bond Foresman

5 large carrots (about 1 lb.), ends trimmed, sliced on diagonal into 1½-inch thickness
4 large parsnips (about 1 lb.), ends trimmed, sliced on diagonal into 1½ inch thickness
2 Tbsp. olive oil
½ tsp. kosher salt
1–2 Tbsp. chopped fresh herbs (thyme, oregano, sage, or rosemary)
SPINACH, ORANGE, AND BEET SALAD

Makes 4 servings
Preparation Time: 20 minutes
Cooking Time: 45 minutes to 1 hour

Salad
3 small beets, without tops, unpeeled
2 medium oranges, peeled and sectioned
1 lb. spinach, washed, dried, and coarsely chopped

Dressing
½ cup balsamic vinegar
2 Tbsp. orange juice
1½ Tbsp. olive oil
1 Tbsp. water
1 Tbsp. honey
1 tsp. Dijon mustard
1 shallot, finely minced
Salt and pepper

1. Preheat the oven to 400°F. Wrap the beets in foil and place directly on the rack or on a baking sheet. Roast the beets for 45 minutes to 1 hour. Stick a cake tester or fork into the beets to test for doneness. The beets should be tender. When cool enough to handle, remove the foil from the beets. Peel the beets with your fingertips or a vegetable peeler under cold running water. Pat dry. Slice the beets into ½-inch slices.

2. To make the dressing, combine all ingredients in a small saucepan and bring to a boil. Lower the heat, and reduce the dressing volume by ⅓.

3. Put the spinach in a bowl. Top with oranges and beets. Drizzle on the dressing.

NUTRITION FACTS

Serving Size 1 cup
Carbohydrate Exchanges 1.5
Fat Exchanges 1

AMOUNT PER SERVING
Calories 157
Calories From Fat 50
Total Fat 6 grams
(Saturated Fat 0.7 grams)
Cholesterol 0 milligrams
Sodium 118 milligrams
Total Carbohydrate 27 grams
(Dietary Fiber 4 grams
Sugars 19 grams)
Protein 4 grams

carbohydrates and you

■ Be aware that many “sugar-free” products contain carbohydrates that can increase your blood glucose (blood sugar) levels.
■ Always note the amount of carbohydrate listed on food labels.
■ “Free” foods (foods that have little or no effect on your blood glucose levels) are defined as having fewer than 20 calories or 5 grams or less of carbohydrate per serving. But don’t be misled: If you eat multiple servings of a Free food, the calories and carbohydrates can still mount up and must be counted in your food plan.
CREAMY BUTTERNUT SQUASH AND ROASTED PEAR SOUP

Makes 6 servings
Preparation Time: 20 minutes
Cooking Time:
1 hour, 10 minutes

1 medium onion, sliced
2 medium Bosc pears, peeled, halved, cored, and sliced into 1-inch slices
3 sprigs fresh thyme
2 Tbsp. light tub margarine
2 tsp. olive oil
1 large butternut squash, halved, seeds removed, unpeeled
1½ cups low-fat, reduced-sodium chicken broth
2 cups fat-free milk
Salt and pepper to taste

1. Preheat the oven to 400°F. In a large baking pan, place the onion, pears, thyme, margarine, and olive oil. Place the squash halves on top of this mixture. Roast the squash in the oven for about 50 to 60 minutes, until you can easily get a fork through the squash. Remove from the oven and let cool. When the squash is cool enough to handle, scrape the squash out of its skin and add to a blender or food processor. Discard the skin. Add the remaining contents of the roasting pan (pears, onion, thyme sprigs, and any accumulated juices) to the blender or food processor.

2. Process the squash mixture until smooth. Pour the squash mixture into a large saucepan. Add the chicken broth and let simmer on medium-low heat for 10 minutes. Add the milk and simmer for 5 to 8 minutes. Season with salt and pepper.

NUTRITION FACTS
Serving Size 1¼ cups
Carbohydrate Exchanges 1.5
Fat Exchanges 0.5

AMOUNT PER SERVING
Calories 144
Calories From Fat 29
Total Fat 3 grams
(Saturated Fat 0.5 grams)
Cholesterol 2 milligrams
Sodium 197 milligrams
(without added salt)
Total Carbohydrate 27 grams
(Dietary Fiber 3 grams
Sugars 13 grams)
Protein 5 grams

About The Author
Robyn Webb, MS, LN, is a chef and food writer living in Alexandria, Va. Her latest cookbook, Italian Diabetic Meals In 30 Minutes—Or Less!, is published by the American Diabetes Association. #4652-01; $14.95. This book, as well as other books by Robyn, can be ordered from the Association’s online bookstore at http://store.diabetes.org or by calling 1-800-232-6733. All Forecast recipes do not necessarily fit into every individualized diabetes food plan. Your own food plan, as well as advice from your physician or registered dietitian, should always supersede a recipe from this or any other publication.