

### Roasted Pears



#### Ingredients

**Serves 6**

- 1/3 cup apple juice
- 1/3 cup firmly packed dark brown sugar
- 3 tablespoons unsalted butter
- 3 firm pears, halved, cored (about 1 pound)
- 1/2 cup plain 2% Greek yogurt (optional)
- 1 tablespoon honey (optional)

#### Instructions

1. Preheat the oven to 400 °F.
2. Arrange the pears cut side up in an 8- inch square glass baking dish.
3. Whisk the apple juice and sugar in a small heavy saucepan over medium-high heat until the sugar dissolves. Whisk in the butter and pour sauce over pears.
4. Bake until the pears are crisp-tender and beginning to brown, basting occasionally with the juices, about 35 minutes.
5. If you desire, while baking, combine yogurt and honey, stirring well.
6. Once baking is complete, remove pears from oven and spoon onto serving plates. Drizzle with juices and serve with optional yogurt mixture.

*Adapted from [foodnetwork.org](http://foodnetwork.org) & [cookinglight.com](http://cookinglight.com)*

### Loaded Baked Potato Soup



#### Ingredients

**Serves 4**

- 4 slices bacon, cut in half
- 1/2 cup chopped onion
- 1 1/2 pounds medium russet potatoes (2-3), scrubbed and diced
- 4 cups reduced-sodium chicken broth
- 1/2 cup reduced-fat sour cream
- 1/2 cup shredded extra-sharp Cheddar cheese, divided
- 1/4 teaspoon freshly ground pepper
- 1/4 cup finely chopped green onion tops

#### Instructions

1. In a large soup pot over medium heat, cook bacon, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan. Add onion to the pan and cook, stirring, until starting to soften, 2 to 3 minutes. Add potatoes and broth. Bring to a boil. Reduce heat to maintain a simmer and cook until the potatoes are tender, 12 to 15 minutes.
2. Using a slotted spoon, transfer about half the potatoes to a bowl and mash until almost smooth, but still a little chunky. Return the mashed potatoes to the pan along with sour cream, 1/4 cup cheese and pepper. Cook, stirring, until the cheese is melted and the soup is heated through, 1 to 2 minutes. Serve garnished with crumbled bacon, the remaining 1/4 cup cheese and chopped onions.

*Adapted from [eatingwell.com](http://eatingwell.com)*



## Spaghetti Squash "In A Hurry" Version



### Ingredients

- 1 Spaghetti Squash

Serves 2

### Instructions

1. Carefully cut your squash in half and scoop out the seeds with a metal spoon.
2. Lay one half of squash in a microwave-safe glass baking dish (usually an 8x8 or 9x9 can fit in most microwaves) and add one cup of water to the pan or enough to come up the sides by about an inch.
3. Cook on medium-high heat for 10 to 15 minutes, depending on the size of your squash. It will be VERY HOT. To test if it's done, you can poke it with a sharp knife or fork, it should be soft when it's done.
4. Let cool for 10 minutes. Then using a fork, scrape up the flesh and you'll see it turn to spaghetti-type ribbons. Serve with your favorite pasta sauce or just butter, salt & pepper.

*Original Recipe*

## NUTRITION CORNER MUSHROOMS

You can't go wrong with mushrooms! They're **fat-free, low-sodium, low-calorie**, and **cholesterol-free**. They're also packed with **fiber, vitamins**, and **minerals**.

Mushrooms are a great source of **antioxidants** which help protect the body from damaging free radicals that can cause conditions like heart disease and cancer. They also protect you against damage from aging and boost your immune system. Mushrooms are rich in the antioxidant called **selenium**. In fact, they are the best source of this mineral in the produce aisle.

They are also a great **meat-substitute** if you're looking for an unprocessed, whole-food option. While not a strong source of protein, they naturally have a meaty flavor, rich in umami — a type of savory taste. Portobello mushroom caps can be grilled or broiled in place of a burger or sliced and used in stir-fries or tacos.

Source: [www.healthline.com](http://www.healthline.com)



## Spaghetti Squash "Time to Build Flavor" Version



*Even if you don't do the full casserole of this recipe, roasting your squash halves like this is a great start to bring out more natural sweetness in the squash and can be eaten as is once roasted. The squash casserole, with spinach and cheese, is a delicious dish for cooler weather.*

### Ingredients

Serves 6 as a side

- 6 cups spaghetti squash, cooked
- 2 cups baby spinach, chopped
- 1/2 cup yellow onion, diced
- 1 Tablespoon garlic, chopped
- 3 Tablespoons extra virgin olive oil
- 1/2 cup low-fat sour cream or plain Greek yogurt
- 1 egg
- 1/2 cup Parmesan cheese, shredded
- salt & pepper to taste

### Instructions

1. Preheat the oven to 400°F.
2. Slice spaghetti squash lengthwise and scoop out the seeds and center flesh. Drizzle with olive oil, salt, and pepper and place cut-side down on a baking sheet.
3. Roast for 40 minutes until tender. Flip each half so the cut-side is face up and let rest 15-20 minutes to cool.
4. Add 1 Tablespoon olive oil to a pan over low heat. Sauté the onions and garlic until they start getting clear, add the spinach and stir for approximately 30 seconds until it starts to wilt.
5. Using a fork, scrape the spaghetti squash away from the skin into small strands and into a mixing bowl.
6. Add the spinach and onion mixture, egg, sour cream, and 1/4 cup of Parmesan cheese. Stir until fully combined.
7. Spray an 8x8 glass baking dish with non-stick spray and add the spaghetti squash mixture.
8. Top with remaining 1/4 cup of Parmesan cheese and bake an additional 30 minutes until golden brown on top.

*Adapted from [diabetesdaily.com](http://diabetesdaily.com)*