

Harvest Feast: Low Carb Sides

Enjoy the Season's Bounty without Compromising on Health

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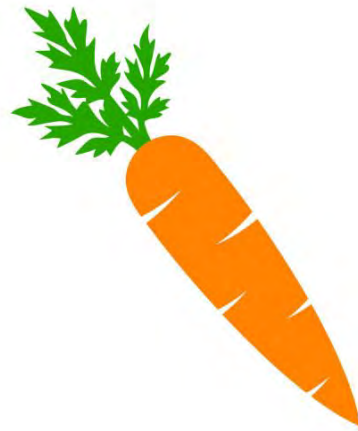




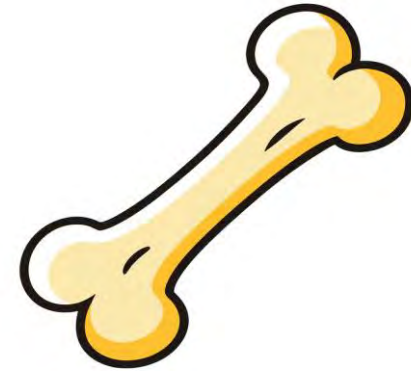
Why should we eat them?



Fiber



Vitamins



Minerals

My favorite fall vegetable is ...

Join by Web: PollEv.com/nataliedaher637





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Responses are not accepted at this time.

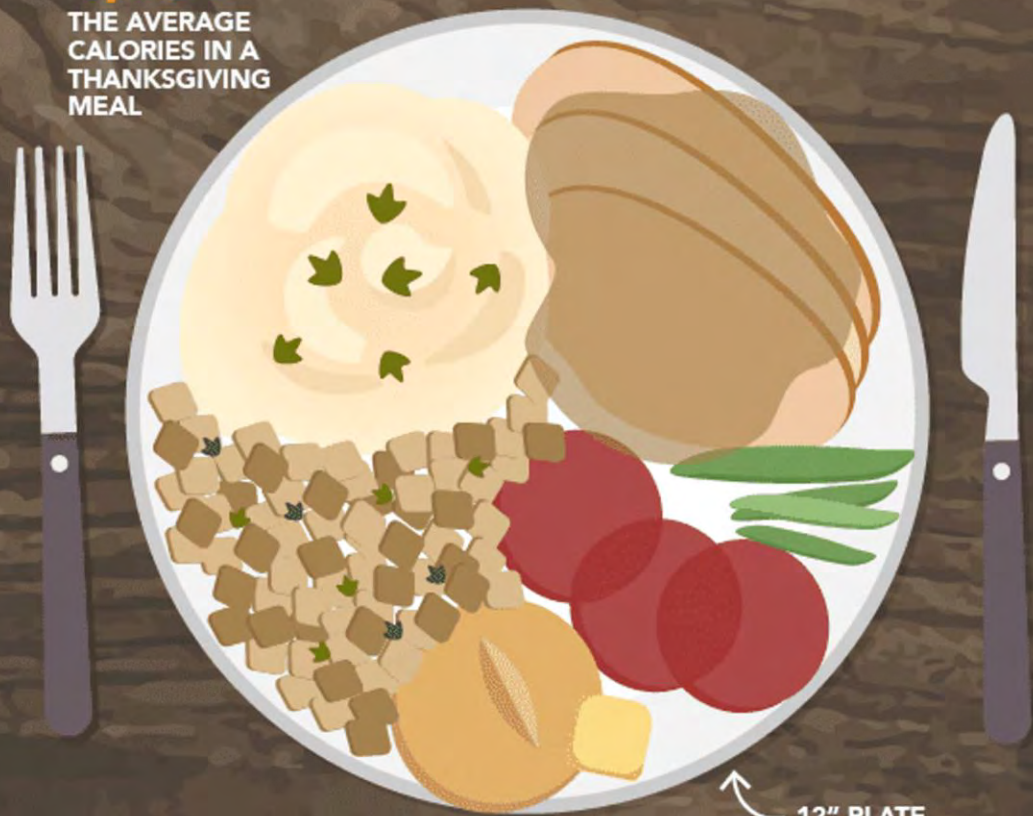
My favorite fall veggie is ...

Loading...

Nobody has responded yet.
Hang tight! Responses are coming in.

4,500

THE AVERAGE
CALORIES IN A
THANKSGIVING
MEAL



AIM TO ADD
COLOR
TO YOUR PLATE!

8" PLATE

$\frac{1}{4}$ PROTEIN



LOAD UP HALF
YOUR PLATE
WITH GREENS

Benefits of “Low Carb” Eating

- Improved blood sugar control
- Reduced hunger and cravings
- Reduced risk of metabolic syndrome
- Food choices shift → less refined grains and processed foods, more protein and fiber

What happens when we eat carbs?



● High sugar/carb meals

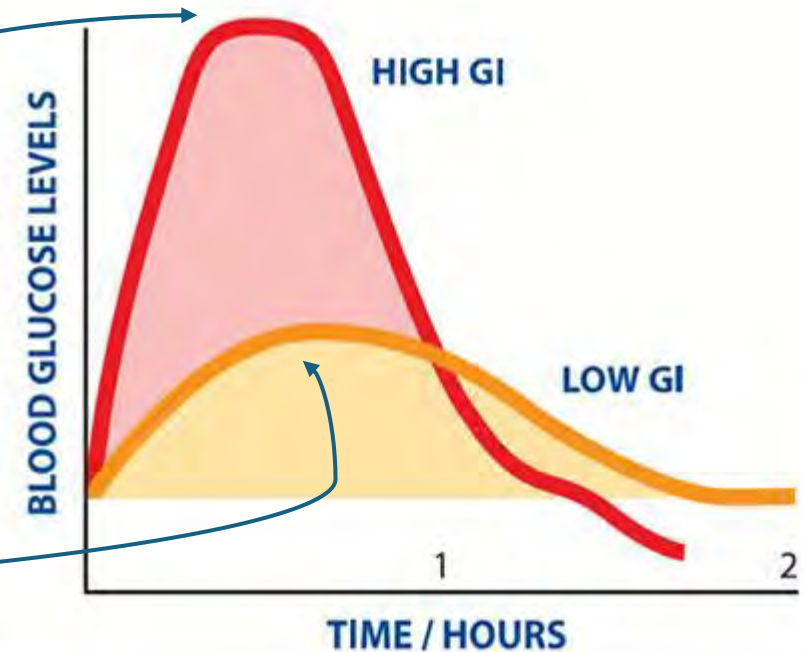
● Balanced meals

Low Carb ≠ No Carb

Not all carbs are created equal

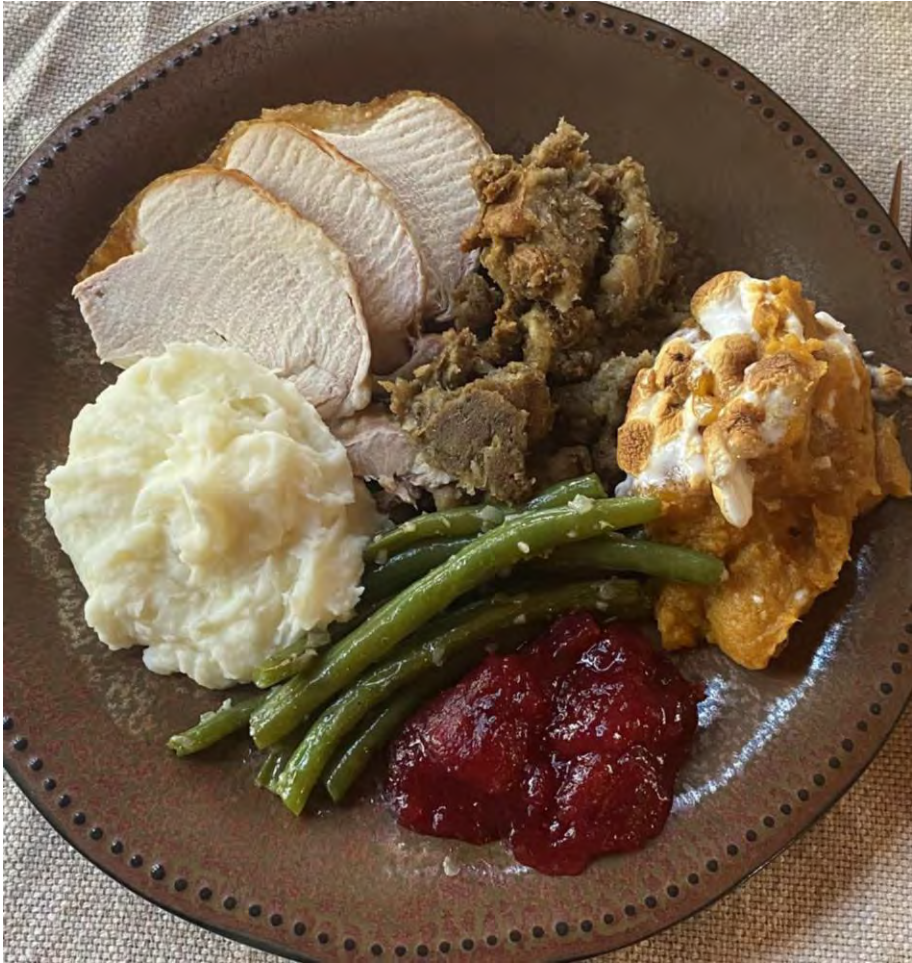
White rice, white bread,
starchy vegetables:
potatoes, peas, corn

Brown rice, steel-cut oats,
non-starchy vegetables:
leafy greens, carrots,
cauliflower, beets, etc.



The amount of carbohydrate in the reference and test food must be the same.

Which plate is “low carb”?



A



B

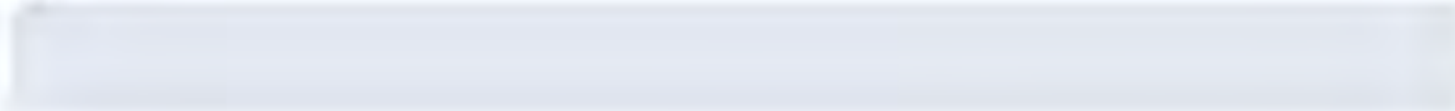


When poll is active respond at PollEv.com/nataliedaher637



Which plate is "low carb"?

A



0%

B



0%

SEE MORE



Holiday Meal Planning

Remember the PFCs:

- Protein
- Fiber
- Color



+



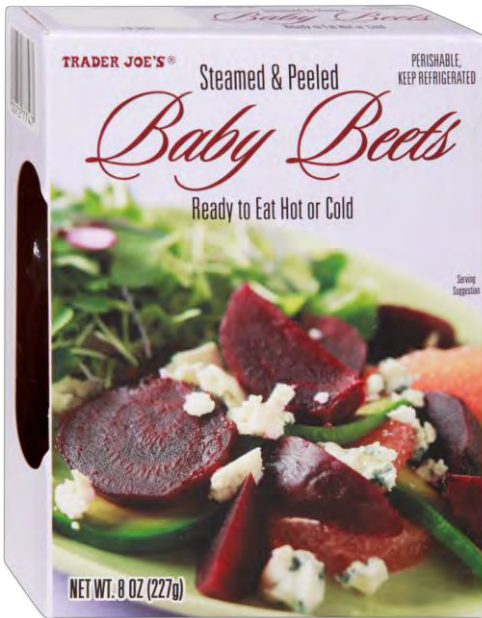


Beet & Goat Cheese Salad

Ingredients:

- 4 medium-sized beets (red or golden)
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 4 cups mixed greens (arugula, spinach, or baby kale)
- 1/4 cup goat cheese, crumbled
- 1/4 cup walnuts or pecans, toasted (optional)
- 1/4 cup balsamic vinegar
- Fresh herbs (such as parsley or dill), for garnish (optional)





Preparation:

1. Preheat oven to 400°F.
2. Wash the beets to remove any dirt. Trim the tops and roots but leave the skin on. Wrap each beet in aluminum foil and place them on a baking sheet.
3. Roast the beets for 45-60 minutes, or until they are tender when pierced with a fork. Once done, remove them from the oven and let them cool.
4. Once the beets are cool enough to handle, use a paper towel to rub off the skins. Cut the beets into wedges or slices.
5. In a large bowl, combine the mixed greens, roasted beet slices, crumbled goat cheese, and toasted nuts (if using).
6. Drizzle balsamic vinegar over the salad and toss gently to combine. Season with salt and pepper to taste. Garnish with fresh herbs if desired.

Delicata Squash with Parmesan & Herbs

Ingredients:

- 2 medium delicata squash
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried thyme (or 1 tablespoon fresh thyme)
- 1 teaspoon garlic powder (optional)
- Fresh parsley or chives, for garnish (optional)





GUIDE TO WINTER SQUASH



AMBERCUP



DELICATA



SWEET
DUMPLING



BUTTERNUT



ACORN



SPAGHETTI

BUTTERCUP



Preparation:

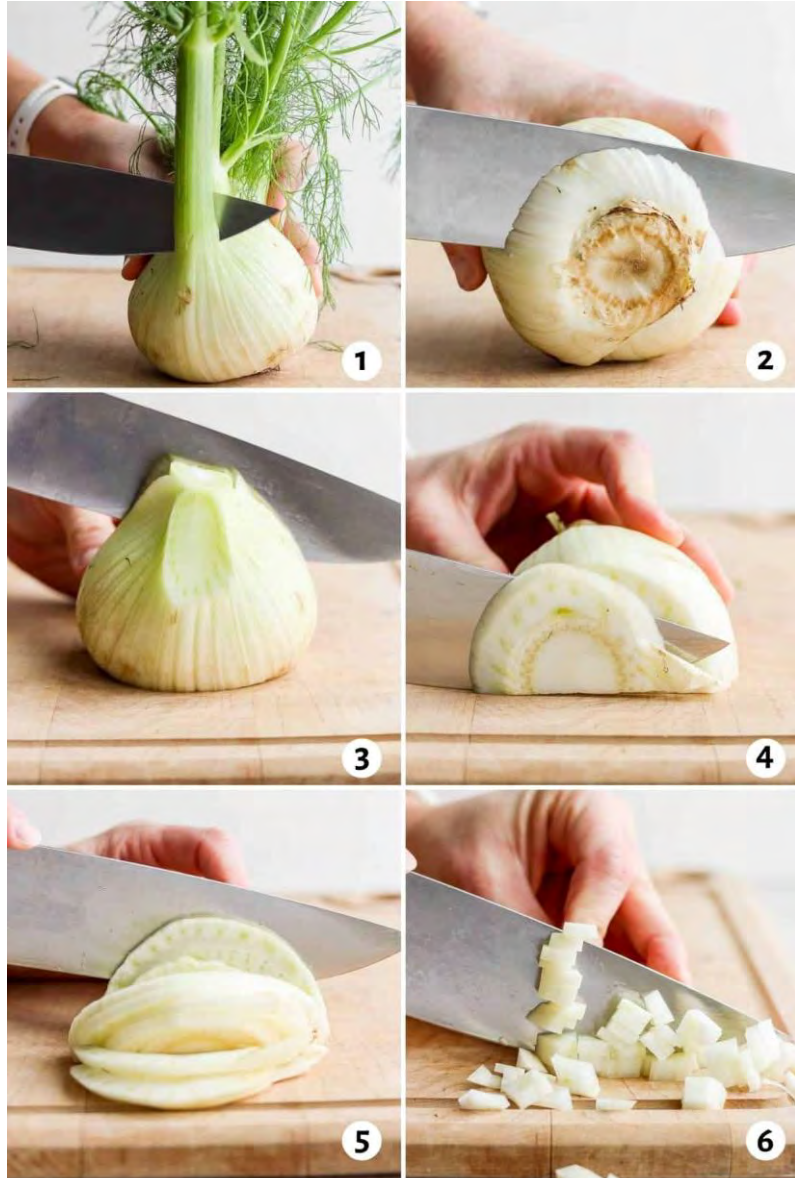
1. Preheat your oven to 400°F.
2. Wash the delicata squash. Cut each squash in half lengthwise and scoop out the seeds. Slice the squash into half-moon shapes, about 1/2 inch thick.
3. In a large bowl, toss the sliced squash with olive oil, salt, pepper, thyme, and garlic powder until evenly coated.
4. Spread the squash in a single layer on a baking sheet lined with parchment paper. Roast for 20-25 minutes, flipping halfway through, until the squash is tender and lightly caramelized.
5. In the last 5 minutes of roasting, sprinkle the grated Parmesan cheese over the squash and return to the oven until the cheese is melted and golden.
6. Remove from the oven and garnish with fresh parsley or chives if desired.

Fennel & Citrus Salad

Ingredients:

- Citrus: 4 navel oranges, 4 blood oranges, 2 small ruby grapefruits
- 2 large shallots, thinly sliced into rings
- 2 small fennel bulbs, trimmed and thinly sliced into rings
- ¼ cup pitted Castelvetrano green olives
- 6 tablespoons extra-virgin olive oil
- 1 handful mint or basil leaves
- Pinch of red-pepper flakes
- Pinch of dried oregano
- Flaky salt, for finishing





Preparation:

1. Peel the citrus fruit using a small serrated knife. Remove only the peel and white pith, not the flesh of the fruit.
2. Slice oranges crosswise into thin slices, picking out seeds if needed. Use a paring knife to section the grapefruit into wedges.
3. Arrange citrus on a serving platter. Scatter the shallot slices over the fruit, then add thinly sliced fennel and olives.
4. Drizzle with olive oil and garnish with mint or basil leaves (optional). Sprinkle with red pepper, oregano and flaky salt (optional).

Spicy Cauliflower with Yogurt Sauce

Ingredients:

- 1 medium head of cauliflower, cut into florets
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon smoked or regular paprika
- 1/2 teaspoon cayenne pepper (adjust to taste)
- Fresh parsley or cilantro, for garnish (optional)
- Yogurt sauce: 1 cup plain Greek yogurt, 1 Tbsp lemon juice, 1 clove minced garlic, 1 Tbsp fresh dill





Preparation:

1. Preheat oven to 425°F.
2. Wash and cut the cauliflower into bite-sized florets.
3. In a large bowl, combine the cauliflower florets with olive oil, cumin, smoked paprika, cayenne pepper, salt, and pepper. Toss until the cauliflower is evenly coated.
4. Spread the seasoned cauliflower florets in a single layer on a baking sheet lined with parchment paper.
5. Roast for about 25-30 minutes, or until the cauliflower is tender and golden brown, stirring halfway through for even cooking.
6. Make the yogurt sauce: combine yogurt, lemon juice, minced garlic, and dill in a bowl. Add salt and pepper to taste.
7. Remove the cauliflower from the oven and serve warm with the yogurt sauce for dipping.

Holiday season: surviving or thriving?

- Enjoy yourself!
- Set realistic goals



Portion Awareness



Mindful Eating

1	so starved you're weak or dizzy
2	extremely hungry and feeling irritable; lots of stomach growling
3	less famished; hungry enough for occasional stomach growling
4	mildly hungry—often following a light snack
5	satiated—feeling neither hunger nor fullness
6	mildly full with no discomfort
7	full enough for mild discomfort
8	stuffed enough for more notable discomfort
9	“Thanksgiving-stuffed,” possibly with extreme discomfort
10	filled to the point of feeling sick

Mindful eating may be the most important 'dish' at the holiday table

- Quality over quantity
- Practice saying “no thank you”
- Stay active
- Post-holiday reflection



Which strategy will you try this holiday season?

- Try a new “low carb” recipe
- Use the hunger scale before and during meals
- Focus on quality over quantity
- Fill ½ of my plate with high fiber and colorful veggies
- All of the above!





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Which strategy will you try this holiday season?

- Try a new “low carb” recipe
- Use the hunger scale
- Quality over quantity
- Fill ½ of my plate with veggies
- All of the above!

Thank You!

Tune into the next *Nourish to Flourish* webinar on December 17th

