



Great alternative to pumpkin pie! A slice of Paula Deen's (chef on the Food Network television channel) pumpkin pie is 590 calories with 32 grams of fat, including 9 grams of saturated fat, 133 mg cholesterol (50% of the percent daily value). This dip has just 92 calories and five grams of fat.

Nutritional Highlights:

Blue Agave Nectar tastes similar to honey but has a thinner consistency, here we use it as an alternative to sugar. Agave Nectar has a low glycemic index, meaning your body absorbs it more slowly than sugar, helping you to maintain a more stable blood sugar level. It can usually be found near the honey at the grocery store. The Agave Nectar gives this recipe a nice flavor, but maple syrup can also be used.

Apples are among the top 12 "Dirty Dozen" fruits and vegetables high in pesticide exposure. You may want to choose organic if available.

Helpful Hints:

Spicy Pumpkin or Sweet Potato Dip

Serves: 8

Ingredients:

6 ounces Neufchatel cheese,
room temperature
1/8 cup brown sugar
1/2 cup canned sweet potatoes
or pumpkin

1 teaspoon Blue Agave Nectar
or 3 tablespoons maple syrup
1/4 teaspoon ground ginger (optional)
1/2 teaspoon cinnamon
1 medium apple or pear

Directions:

Mix first three ingredients in a bowl and beat with a mixer at medium speed until well blended. Add Blue Agave Nectar, ginger and cinnamon and beat until smooth, scrapping down the bowl to ensure all is well mixed. Cover and chill for 30 minutes. Serve with apple or pear slices.



All Star Ingredients:

Pumpkin:

An excellent source of potassium, carotenoids, lutein, zeaxanthin, and vitamin A. Potassium protects against hypertension (high blood pressure), stroke, and may help preserve calcium in your bones. These other nutrients may help reduce the risk of lung and colon cancer and play a large role in eye health.†

Sweet Potatoes:

A rich source of beta-carotene, loaded with vitamin A and heart-healthy potassium.†

Ginger:

May soothe an upset stomach, relieve nausea, help with digestion, boost the immune system, and improve circulation. It has anti-inflammatory properties that might help arthritis and/or fibromyalgia. Ginger may also lower cholesterol and slow the development of atherosclerosis.†

Cinnamon:

Contains anti-inflammatory compounds that may be helpful in affecting the pain and stiffness of muscles, joints, and menstrual discomfort. It helps with discomfort caused by gas and relieves nausea. Cinnamon is known to mimic insulin function; this may reduce blood sugar, triglycerides, total and LDL cholesterol.†

Nutrition Information (per serving):

(Serving Size 3 tablespoons)

Calories (kcal):	92
Total Fat (g):	5
Saturated Fat (g):	3
Monounsaturated Fat (g):	1
Polyunsaturated Fat (g):	< 1
Cholesterol (mg):	16
Sodium (mg):	88
Total Carbohydrate (g):	9
Dietary Fiber (g):	1
Sugar (g):	4
Protein (g):	2

Food Exchanges:
0 Grain
0 Meat (Protein)
0 Vegetable
1 Fruit
0 Milk
1 Fat
0 Other Carbohydrates

Recipe created by Chef Paul Penney, Certified Personal Chef. For more information about Chef Paul Penney, go to www.callchefpaul.com, or e-mail him at chefpaul@callchefpaul.com

