



HEALTHY to a "T"

October 2017

Harvest of the Month

Cinnamon



FUN FACTS:

Cinnamon is the inner bark of a cinnamon tree that can grow up to 60 feet tall.

It is one of the oldest spices known and was once considered more valuable than gold.

Benefits of cinnamon include:

- Smelling cinnamon stimulates brain activity.
- It helps improve digestion.
- It is used to treat diabetes by regulating blood sugar.

Use in sweet and salty dishes, and in beverages.

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Cinnamon ~ Not Only for Flavor

The baking season is upon us and there will be many recipes using one of the most common spices, cinnamon. No doubt, cinnamon is one of the most delicious spices on the earth but also provides powerful health benefits. A substance called cinnamaldehyde, where the delectable flavor and scent come from, is responsible for most of the health benefits. Let's review some of the evidence-based health benefits of cinnamon:

- **Loaded with Antioxidants** – even outranking garlic and oregano.
- **Anti-Inflammatory Properties** – to keep chronic inflammation at bay.
- **Reduce Risk of Heart Disease** – by lowering total cholesterol, LDL cholesterol, and triglycerides and improving HDL cholesterol and blood pressure.
- **Anti-Diabetic Effect** – cinnamon assists insulin in doing its job thus reducing the amount of sugar in your blood.
- **Maintains Brain Health** – although effects need to be studied further in humans, cinnamon helps keep your brain cells healthy.
- **Fights Oral Bacteria** – preventing tooth decay and reducing bad breath.

Enjoy cinnamon's spectacular flavor and at the same time reap the health benefits by adding it to your beverages, entrées, or desserts.

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HARVEST OF THE MONTH RECIPE—OCTOBER

Cinnamon Butternut Squash

Yield: 10 servings

3/4 cup per serving

1 tsp	Brown Sugar, packed
1 tsp	Ground Cinnamon
1/2 tsp	Kosher Salt
3 lbs	Butternut Squash (peeled, seeded, cubed)
2 Tbs	Butter, melted

NUTRITION SNAPSHOT ~ 3/4 cup serving

119 calories, 2g total fat, 3g protein, 6mg cholesterol, 25g carbohydrate, 82mg sodium, 1.5g fiber

1. Preheat oven to 325 degrees F.
2. Line a baking dish with foil.
3. In a small bowl stir brown sugar, cinnamon and salt; set aside.
4. Place the raw cut up butternut squash in baking dish.
5. Drizzle melted butter on top of butternut squash.
6. Sprinkle cinnamon sugar mixture on top of squash; stir to coat squash.
7. Bake covered with foil for 40 minutes.
8. Uncover, stir squash.
9. Bake uncovered for an additional 15 minutes or until tender.

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