



## November is ...

- American Diabetes Month
- National Peanut Butter Lovers Month
- Sweet Potato Awareness Month

### November Days of Interest...

- Nov 2 Deviled Egg Day
- Nov 3 Sandwich Day
- Nov 17 Homemade Bread Day
- Nov 17 Take a Hike Day
- Nov 23 Thanksgiving
- Nov 28 National French Toast Day



## Cook's Corner

### Pumpkin Hummus

#### What you need...

- 1 3/4 cups dry garbanzo beans
- 1 (15 ounce) can pumpkin puree
- 5 fluid ounces lemon juice
- 1/3 cup extra-virgin olive oil
- 1/2 cup tahini paste
- 3 cloves garlic, minced
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- salt to taste

**Directions...** Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using. Place the soaked garbanzo beans into a large saucepan and cover with several inches of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the garbanzo beans are tender, 1 1/2 to 2 hours. Once cooked, refrigerate the beans and liquid until cold. Drain the garbanzo beans, reserving the cooking liquid. Place the beans and 1/2 cup of the reserved cooking liquid into a blender, and puree until a smooth paste forms. Add the pumpkin puree, lemon juice, olive oil, tahini, garlic, cinnamon, nutmeg, and allspice. Cover and puree again until smooth. Use additional cooking liquid as needed to achieve a smooth consistency. Season to taste with salt.



### Get "Egg" cited!

#### Celebrate Deviled Egg Day with Egg trivia!

- ... Double-yolk eggs are often laid by young hens, or by hens that are old enough to produce extra large-sized eggs.
- ... Eggs have all 9 essential amino acids making them a perfect protein source.
- ... Green color in a hardboiled egg is harmless, but forms when cooked too long or at too high temperature.
- ... The green discoloration results when sulfur in the egg white and iron in the yolk react.
- ... Egg yolks contain choline that promotes normal cell activity, liver function and is key in the development of infant's memory functions.
- ... One whole egg counts as 1 1/2 oz. Meat/Meat Alternate in the CACFP.
- ... Up to 3 times a week, egg can be used as the Meat/Meat Alternate substitution for the equal amount of the Grain component at breakfast.
- "Kids" of all ages love deviled eggs as a nutritious snack or mealtime complement, and helping make them is even more fun and exciting!

#### The American Egg Board says to make the perfect hard-boiled egg:

1. PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch then bring to boil. Reduce heat to simmer; cook for 15 minutes.
2. REMOVE from burner. COVER pan. LET EGGS STAND in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra-large).
3. DRAIN immediately and serve warm. OR, cool completely under cold running water or in bowl of ice water, then REFRIGERATE. For Deviled Eggs, use this basic recipe found at <http://www.kidsacookin.org/salads/Deviled-Eggs.pdf>, to make the filling and fill the eggs. Keep it "egg" citing by offering options to spice things up a bit by seasoning the filling with mustard, chili powder, cumin, curry or salsa. Be creative according to the tastes of the program participants!

## GET MOVING!

**Go Take a Hike!** Fall colors are flourishing and it is a great time to enjoy the mild temperatures. Enlist everyone to take a hike around the block, over to the playground, in your yard, or around the neighborhood. Jump, hop, skip and walk backwards while gathering leaves of all colors. Use them to create a collage of fall fun on paper or a bulletin board by adding to it after each hike.

