

November Kitchen Quickie

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Tips for Spending Less on Black Friday:

1. Figure out what you want in advance.
2. Make a prioritized list.
3. Set a spending limit.
4. Save up cash for the items you're buying.
5. Check for deals in advance.
6. Visit the stores in advance.
7. Use cash instead of credit/debit to prevent overspending.



Great American Smoke out is coming up on November 18th!! Visit <http://www.marquette.edu/healthed> for more information.



Pumpkin Soup

Servings: 4 Preparation: 15 minutes

Ingredients:

- 3/4 cup water
- 1 small onion, chopped
- 1 can (8 ounces) pumpkin puree
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon freshly ground black pepper
- 1 green onion, green top only, chopped




Directions:

1. In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.
2. Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
3. Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutrition Facts: 72 calories, 3 g protein, 12 g carbohydrates, 1 g fat, <1 g of monounsaturated and saturated fat, 1 mg cholesterol, 241 mg sodium, 2 g fiber, 199 mg potassium, 78 mg calcium.
www.mayoclinic.com/health/healthy-recipes



Did you know that November 14th is National Clean out your Refrigerator Day?!?! 

Green Bean Casserole

Servings: 6 Preparation: 45 minutes

Ingredients:

- One can (10-3/4 ounces) reduced fat cream of mushroom soup
- 1/2 cup fat free sour cream
- 1/4 cup fat free milk
- 1-1/4 pounds green beans, cut into 1-1/2—inch pieces cooked until crisp, tender
- 1/2 cup French fried onions

Directions:

1. Mix soup, sour cream, and milk in 2 quart casserole; stir in beans.
2. Bake, uncovered, at 350 degrees until mixture is bubbly, about 45 minutes.
3. Sprinkle onions on top during last five minutes of baking time.

Nutrition facts: 81 calories, 2.9 g of fat, 1.3 mg of cholesterol, 172 mg of sodium, 11.6 g of carbohydrates, and 3 g of protein.

www.fitnessandfreebies.com/recipeurumble