**Tales from the Scales**

**Physical Activity Tip:**
Walk in place or pace back and forth while doing your daily errands.

**Health Coach:**
Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

Mike Connell
UPMC Health Plan Health Coach

**Advice from Mike:**
Get enough sleep. Even if you gain more time in your day by cutting back on sleep, you will be less effective throughout the day, as your energy level and cognitive functioning will be reduced. By getting enough sleep, you become more efficient during the time you are awake.

**Motivational Tip:**
“One important key to success is self-confidence. An important key to self-confidence is preparation.”

- Arthur Ashe

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**Roasted Butternut Squash and Pumpkin Soup**

**Ingredients:**
- 2 tsp. olive oil
- 1 cup chopped onion
- ½ tsp. curry powder
- ⅛ tsp. ground nutmeg
- 4 tsp. low-sodium chicken soup base
- 4 cups boiling water
- 1 tbsp. canned tomato paste
- 3 cups fresh pumpkin, peeled and cubed
- 2 roasted butternut squash halves, peel skin from squash after roasting
- 1 cup McIntosh apples, peeled and chopped
- 1 cup evaporated skim milk

**Preparation:**
1. Preheat oven to 375°F.
2. Using a sturdy knife, cut off the top of the butternut squash near the stem. Then cut the butternut squash in half lengthwise. Scoop out the seeds and membranes. Cut in half again, making four wedges.
3. Place wedges cut side up in a large glass baking dish, coat with olive oil and season with salt and pepper. Roast in oven for 45 minutes. When finished cooking, let them cool slightly. Scrape the flesh from the skin and set aside.
4. Peel and cube the fresh pumpkin.
5. Peel and chop the apples.
6. Heat a Dutch oven over medium heat and add oil. Add onion and sauté 3 minutes. Add curry powder and nutmeg. Cook 30 seconds.
7. Make chicken broth using soup base and water. Add broth and tomato paste to seasoned cooked onions, stirring well with a whisk.
8. Stir in cubed pumpkin, butternut squash flesh, and chopped apples, and bring to boil. Cover, reduce heat, and simmer 25 minutes or until pumpkin is tender, stirring occasionally. Remove from heat and cool slightly.
9. Place mixture in a blender or food processor and process until smooth. Return mixture to Dutch oven and add evaporated skim milk. Cook until thoroughly heated.

**Serving suggestion:** Garnish with sprigs of sage.

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**Nutritional Tip:**
Using evaporated skim milk in recipes instead of cream or whole milk reduces calories and fat and still allows for a creamy texture. Evaporated skim milk is also a low-fat but creamier way to add milk to hot beverages.

**Nutritional Information Per Serving:**
- 139 calories
- 2.9g protein
- 22.5g carbohydrate
- 2.4g fat
- 1mg cholesterol
- 255mg sodium

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**UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americaonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.”**

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**WEEK 1**

**Health Coach:**
3 cups fresh pumpkin, peeled and cubed
2 roasted butternut squash halves, peel skin from squash after roasting
1 cup McIntosh apples, peeled and chopped
1 cup evaporated skim milk

**WEEK 1**

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