



OCTOBER - DECEMBER 2017 ARTICLES

- [WEEK OF 12/25/17](#) - Adventure into a Healthy New Year - With Avocado! (Recipes: Easy Homemade Guacamole & Guacamole Stuffed Tomato Boats)
- [WEEK OF 12/18/17](#) - Healthier Holidays with One Simple Addition - MUSHROOMS! (Recipes: Mushroom Crab Appetizer & Brussels Sprouts with Mushroom Sauce)
- [WEEK OF 12/11/17](#) Stay Healthier Through the Holidays... Just Add Fruit! (Recipes: Fresh Pear and Baby Green Salad; Fruit Tartlets & "Pistachioyurt")
- [WEEK OF 12/4/17](#) Enjoying the Holidays is as Easy as 1, 2, 3! (Recipe: Potato Chowder)
- [WEEK OF 11/27/17](#) - Help Your Wallet and Waistline Through the Holidays (Recipe: Veggie Noodle Carbonara with Spinach and Mushrooms)
- [WEEK OF 11/20/17](#) - Elevate the Flavor of Leftovers (Recipe: Slow Cooker Turkey Teriyaki)
- [WEEK OF 11/13/17](#) - Thanksgiving (Recipe: Stuffed Mushrooms)
- [WEEK OF 11/6/17](#) - Diabetes Awareness Month (Recipe: Pumpkin Bread Pudding)
- [WEEK OF 10/30/17](#) - Take Control of Your Diabetes and Risk Factors (Recipe: Balsamic Chicken and Mushrooms)
- [WEEK OF 10/23/17](#) - Check Out These Hauntingly Good Halloween Treat Ideas
- [WEEK OF 10/16/17](#) - Fall for Quick Meal Ideas (Recipe: Cran-Apple Turkey Skillet)
- [WEEK OF 10/9/17](#) - New Ways to Fall for the Flavor of Apples (Recipe: Skillet Apple Pork Chops)
- [WEEK OF 10/2/17](#) - Inspired Italian Cuisine (Recipe: Italian Sausage Bean Soup)