



# tasty Fall Foods

BY: STACEY CHMIEL, MS, RD, LD

Fall has to be my favorite season. The air starts to chill, the leaves change colors, and winter squashes are now in season!

Every season the produce varies to what is considered “in season”. For more information on why it’s important to eat seasonal foods, check out [this post](#). In the fall months some of these seasonal foods include: *apples, beets, carrots, collards, eggplant, pears, pumpkins, spinach, squash, sweet potatoes, Brussel sprouts, parsnips, rutabaga, cauliflower, turnips, pomegranates, dates, kiwi, grapefruit, shallots, and mushrooms*. (found at <http://www.sustainablebabysteps.com/seasonal-foods.html> ).

Some benefits of choosing a food when in season is that they will have a higher nutritional profile. If is not in season in a particular environment they have to be picked “green” before they have ripened so that by the time they reach their particular buyer they are not rotten. Seasonal foods are picked at their peak and delivered to you locally. Another benefit from eating from a seasonal fruit or vegetable list is that you will try new foods and recipes each season preventing a “food rut” or repetition that can become boring. Check out your local farmer’s market to see what is fresh in your area!

The recipes listed here link to recipes on our blog. Let’s dig into these healthy, fall inspired recipes. Let’s eat some comfort, wintery foods that are actually healthy!

Make sure to read through to the end for some ideas on how to use that left-over turkey!

## Vegetable and Starch Recipes:



**Rosemary Garlic Hasselback Potatoes (5 servings)**  
(1 Category 2 Vegetable, 1 Oil & Fat)  
[Click Here](#) for full recipe



**Oven Roasted Brussels Sprouts with Apples (2 servings)**  
( $\frac{1}{2}$  Fruit, 1 Category 1 Vegetable)  
[Click Here](#) for full recipe



**Hearty Garlic Greens (8 servings)**  
(2 Category 1 Vegetables, 1 Oil & Fat)  
[Click Here](#) for full recipe



**Basic Oven-Roasted Veggies**  
(Multiple servings depending on vegetables used)  
(1 cup Serving: 2 Category 1 Vegetables; 1 Oil & Fat)  
[Click Here](#) for full recipe



**Roasted Brussel Sprout and Sweet Potato Mix (6 servings)**  
(1 cup: 1 Category 1 Vegetable, 1 Category 2 Vegetable, 1 Oil & Fat)  
[Click Here](#) for full recipe



**Roasted Carrots and Beets (serving size may vary)**  
( $\frac{1}{2}$  cup cooked yields 1 Category 2 Vegetable and 1 Oil & Fat)  
[Click Here](#) for full recipe



**Sweet Potato Squash Delight (6 servings)**  
(1/2 cup serving: 1 Category 2 Vegetable)  
[Click Here](#) for full recipe



**Black Rice Salad with Butternut Squash and Pomegranate Seeds**  
(3 servings)  
(1 Grain, 1 Category 2 Vegetable, 1/2 Fruit, 2 Oil & Fats)  
[Click Here](#) for full recipe

## Soups:



**Quinoa Vegetable Soup (4-6 servings)**  
(1 cup: 1/2 Grain, 1 Category 1 Vegetable, 1 Oil & Fat)  
[Click Here](#) for full recipe



**Squash Soup (4 servings)**  
(1 Category 2 Vegetable; 1 Oil & Fat)  
[Click Here](#) for full recipe



**Turkey and Sweet Potato Chili (8 servings)**  
(1 cup: 1 Protein, 1 Category 2 Vegetable, 1 Category 1 Vegetable, 1 Oil)  
[Click Here](#) for full recipe



**Turkey and Black Bean Chili (4 servings)**  
(1 cup: 1 Legume, 1 Protein, 1 Oil & Fat, 1 Category 1 Vegetable)  
[Click Here](#) for full recipe



**Sweet Potato Cauliflower Soup ( 7 Servings)**  
(1 cup: 1 Category 1 Vegetable, 1 Category 2 Vegetable, 1 Fat)  
[Click Here](#) for full recipe

## Dessert:



**Baked Apple (2 servings)**  
(1 Fruit)  
[Click Here](#) for full recipe

## Breakfast:



**Pumpkin Overnight Oats (6 servings)**  
(1 Grain, 1 Oil & Fat, ½ Category 2 Vegetable)  
[Click Here](#) for full recipe



**Apple Cinnamon Overnight Oats (1 serving)**  
(1 Grain, 1 Oil & Fat, ½ Dairy Alternative)  
[Click Here](#) for full recipe

## What can I do with my leftover turkey?



**Slow Cooker Turkey Soup with Kale and Sweet Potatoes (6 servings)**  
(1 Category 1 Vegetable, 1 Protein, 1 Category 2 Vegetable)

[Click Here](#) for full recipe



**Turkey and Barley Salad (4 servings)**  
(1 Protein, 1 Category 1 Vegetable, 1 Fruit, 1 Grain, 1 Oil & Fat)

[Click Here](#) for full recipe



**Turkey Waldorf Salad (4 servings)**  
(1/2 Fruit, 2 Oils & Fat, 1 Protein, 1 Nut/Seed, 1 Category 1 Vegetable)

[Click Here](#) for full recipe

### **Additional options for leftover turkey include:**

- Mix it into healthy omelets
- Throw 4 ounces of white meat into a low-carb tortilla with lettuce, tomatoes, 1 tsp olive oil based mayonnaise and take to lunch the next day
- Throw it into a soup with lots of vegetables
- Add it over a fresh salad