

Fall Favorites

Buying produce when it is in season is usually less expensive compared to other produce and can help save money. Create in-season meals with these recipes!

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Note: Underlining denotes TEFAP food

Quick Cauliflower and Chickpea (Garbanzo) Curry

Time-saver recipe: 30-40 minutes or less!

Ingredients

1 small onion, chopped
 1 teaspoon canola oil
 1 to 2 teaspoons curry powder (to taste)
 1 14-ounce can whole tomatoes, drained and broken up (can substitute diced tomatoes)
 1 small head cauliflower, broken into small flowerets
 1 potato, cubed
 1 15-ounce can chickpeas, drained
 Cooked rice for serving

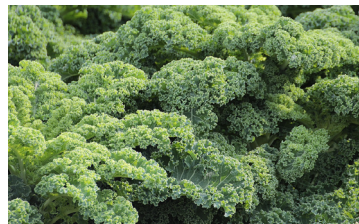
Directions

1. In a large skillet, sauté onion in oil until soft.
2. Add curry powder and stir well.
3. Add vegetables and simmer covered until they are soft, stirring occasionally.
4. Add chickpeas and heat through.
5. Serve over brown basmati rice or regular brown rice.

Note: Other vegetables that work well with the cauliflower are red pepper, green peas, carrots, and spinach. Spinach should be added at the end with the chick peas. Be creative!

Source: adapted from <http://www.fruitsandveggiesmore-matters.org/main-recipes?com=2&recid=603>

See this month's Eating Right section of the newsletter to learn more about chickpeas (also known as garbanzo beans)! Chickpeas cooked from their dry state can be used in this recipe.



One-pot Lentil Dish

Time-saver recipe: 30-40 minutes or less!

Ingredients

1 cup uncooked, rinsed lentils
 ½ cup uncooked brown rice
 2 cups sliced carrots (may substitute with canned carrots, rinsed and drained, but don't add until the end)
 1 pound kale, cleaned and chopped (remove stem)
 3 cups water
 1 packet onion soup mix, reduced sodium
 1 teaspoon basil
 1 Tablespoon oil

Directions

1. Place all ingredients in large pot. Bring to a boil. Reduce heat, cover and cook until rice is tender (about 20 to 30 minutes). Serve.

Source: adapted from <http://www.fruitsandveggiesmore-matters.org/one-pot-lentil-dish>

Butternut Squash with Black Beans

5 star average rating from testers!

Ingredients

- 1 butternut squash (small)
- 1 teaspoon oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon oregano

Directions

- 1.Heat the squash in the microwave on high heat for 1-2 minutes.This will soften the skin.
- 2.Carefully peel the squash with a vegetable peeler or small knife.
- 3.Cut the squash into 1/2 inch cubes.
- 4.Peel and chop the onion.
- 5.In a large pan, heat the oil.Add the onion, garlic powder, and squash.
- 6.Cook for 5 minutes on medium heat.
- 7.Add vinegar and water. Cook on low heat until the squash is tender, about 10-20 minutes covered.
- 8.Add the beans and oregano. Cook until the beans are heated through, uncovered.

Source: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/butternut-squash-black-beans>



Cheesy Chicken, Broccoli and Rice Bake

5 star average rating from testers!

Ingredients

- 5 cups water
- 2 1/2 cups uncooked rice
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped)
- 1 cup milk (skim)
- 1 can cream of mushroom soup (10.75 ounces, condensed, 98% fat-free, low-sodium)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups chicken (shredded, cooked)
- 2 cups broccoli (broken into pieces)
- 3/4 cup cheddar cheese, low-fat (shredded)

Directions

- 1.Preheat oven to 350° F. In large saucepan bring water to boil.Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
- 2.While rice is cooking, combine milk, soup, salt, and pepper, mix well.When rice is done combine with milk mixture, chicken and broccoli, mix well.
- 3.Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.

Source: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cheesy-chicken-broccoli-and-rice-bake>