

# 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!**

*Compiled by Nicolette Mehas*

*Note: Underlining denotes TEFAP food*

## **Roasted Carrots, Potatoes, and Chicken**

*A hearty, versatile fall dish!*

### **Ingredients** (makes 4 servings)

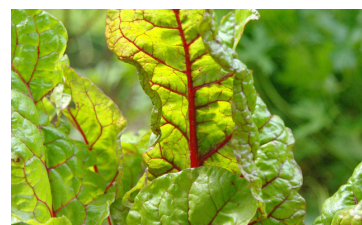
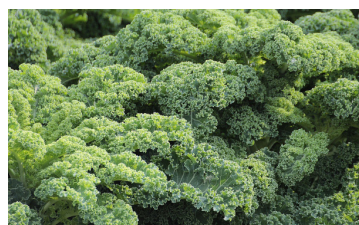
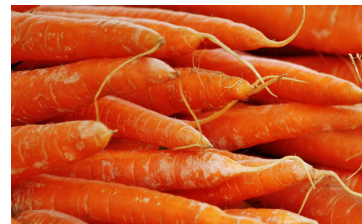
- 3/4 pound carrots (fresh, frozen, or canned)
- 4 small potatoes (cut into chunks)
- 1/2 cup chopped onion
- 2 cloves garlic (minced)
- 2 tablespoons oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup non-fat ricotta cheese (or cottage cheese)
- 1/4 cup part-skim mozzarella cheese (shredded)
- 2 tablespoons non-fat milk
- 1 pound boneless chicken breast (4 portions)

### **Directions**

1. Preheat oven to 325 degrees Fahrenheit.
2. In a 2 quart baking dish coated with cooking spray, toss carrots, potatoes, onion, and garlic with 1 T olive oil, salt, and pepper.
3. In a small bowl, mix cheese with milk.
4. Coat chicken breasts with remaining oil.
5. Nest chicken among vegetables in baking dish.
6. Top with cheese mix.
7. Cover with foil and bake for 40-45 minutes or until chicken is done.

Note: Other fall vegetables, such as parsnips, brussel sprouts, cabbage, or more could be substituted in this baked dish!

**Source:** adapted from <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/roasted-brussels-sprouts-potatoes-and-chicken>



## **Cranberry Pumpkin Muffins**

*Enjoy for breakfast or even dessert!*

### **Ingredients** (makes 8 servings)

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg, large (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries or cherries (fresh or frozen chopped)

### **Directions**

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries or cherries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15-30 minutes.

**Source:** <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cranberry-pumpkin-muffins>

See this month's Eating Right section of the Newsletter to learn more about cherries!

## Spaghetti Squash with Tomatoes, Basil, and Parmesan

Great rating from testers!

### Ingredients (makes 4 servings)

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced) or drained canned tomatoes
- salt and pepper (to taste, optional)

### Directions

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

**Source:** <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/spaghetti-squash-tomatoes-basil-and-parmesan>



<http://www.wholefoodsmarket.com/recipe/learn-cook-spaghetti-squash>



<http://nutrition.healthgrove.com//16592/USDA-Cauliflower-Florets>

## Cauliflower Mac and Cheese

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

### Ingredients (makes 4 servings)

- 1 lb. penne or other pasta (wheat)
- 1 cup milk (2% or skim)
- 1 lb. shredded cheddar cheese
- 1/2 head cauliflower florets
- 1/4 cup Parmesan cheese
- 1 tablespoon chopped parsley
- salt and pepper to taste

### Directions

1. Bring salted water to a boil and cook the pasta until al dente.
2. In the meantime, cook the cauliflower until soft and transfer in a blender to puree.
3. In a medium sized pan, transfer the pasta and pour the cauliflower puree in.
4. Add the milk, cheese and season to taste. Sprinkle chopped parsley. Serve immediately.

**Source:** <http://www.whatscooking.fns.usda.gov/sites/default/files/featuredlinks/WhiteHouseRecipes.pdf>

Seasonal fall vegetables include: broccoli, brussel sprouts, squash, cauliflower, pumpkin, mushrooms, sweet potatoes, and many more. Add these fresh, frozen, or canned veggies to your favorite meals for a boost of nutrition!