

Enjoy Fall Flavors All Day Long

Here are some mealtime tips:

At breakfast:

- Mix ¼ cup canned pumpkin, and a sprinkle of cinnamon, into a bowl of cooked oatmeal.
- Enjoy a Carrot Oatmeal Cookie and a glass of low-fat milk for a quick grab-and-go breakfast. Try our recipe!
- Top whole grain pancakes and waffles with homemade applesauce.

At lunch:

- Make a hearty soup with roasted root vegetables. See recipe inside!
- Pack sliced apples and low-fat cheese in lunchboxes or serve as a healthy snack.
- Add leftover cooked chicken or turkey to a salad of fresh greens, sliced apples, dried fruit, and sliced celery. Top with chopped nuts for extra crunch.

At dinner:

- Serve baked sweet potato fries with lean meat, chicken, or fish. See recipe inside!
- Cook sliced cabbage and chopped apples for a warm and tasty side dish.
- Roast root vegetables like carrots, turnips, parsnips, and beets to bring out their natural sweetness.

Carrot Oatmeal Cookies

Makes: 48 cookies

Serving Size: 1 cookie

Ingredients:

1 cup carrots, washed, peeled, and grated
½ cup honey
¼ cup vegetable oil
¼ cup applesauce
2 eggs
1 cup whole oats
1 cup flour
2 teaspoons baking powder
½ teaspoon salt
1 cup raisins
2 teaspoons cinnamon or pumpkin pie spice
Cooking oil spray

Directions:

1. Preheat oven to 375 degrees.
2. Spray baking sheets with cooking oil spray.
3. In a bowl, stir together honey, oil, applesauce, and eggs.
4. In another bowl, mix the oats, flour, baking powder, cinnamon or pumpkin pie spice, and salt.
5. Add the dry oat mixture to the egg mixture and stir to combine.
6. Add the carrots and raisins, and stir to combine.
7. Drop one tablespoon of batter for each cookie onto baking sheets.
8. Bake for 15-18 minutes until golden brown.

Baked cookies can be frozen in a zip-top freezer bag or plastic container.

Make Fruits and Vegetables Part of Every Meal

- Stock-up on canned fruits, veggies, and beans when they are on sale. Drain and rinse canned vegetables and beans to remove extra salt, and then add to salads, soups, and stews.
- Frozen veggies are a quick way to add vitamins and fiber to any meal. Use only as much as you need and keep the rest in the freezer for another use.
- Blend frozen fruits to make great smoothies.
- Fresh fruits and vegetables in season cost less and taste great.

Visit your local farmers' market or grocery store this fall for fresh apples, pumpkins, squash, kale, cabbage, sweet potatoes, turnips, spinach, and beets.

For more information about fall produce and healthy food choices visit:

www.eatsmart.umd.edu
[facebook.com/EatSmartMD](https://www.facebook.com/EatSmartMD)
www.choosemyplate.gov

**Stretch your food
dollars with fall fruits
and vegetables and try
these healthy recipes!**

Apple Parsnip Soup

Makes: 8 servings
Serving Size: 1 cup

Ingredients:

- 4 apples, washed, peeled, cored, and chopped
- 4 parsnips, washed, peeled, and sliced
- 1 large sweet potato, washed, peeled, and chopped
- 1 large onion, sliced in large chunks
- 3 Tablespoons vegetable oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 8 cups low-fat or nonfat milk
- ½ teaspoon dried sage, optional

Directions:

1. Preheat oven to 450 degrees.
2. In a large bowl, mix vegetables, apples, oil, salt, pepper, and sage, if used.
3. Place vegetables on baking sheet. Bake for 45 minutes. Let vegetables cool.
4. Add vegetables and milk to blender in batches. Blend until smooth.
5. Put soup in large pot, and warm for 15 minutes until heated through.

Serve with whole grain bread and a salad for a healthy fall dinner.

Oven-Baked Sweet Potatoes

Makes: 6 servings
Serving Size: ½ cup

Ingredients:

- 3 sweet potatoes, washed and peeled
- 2 Tablespoons vegetable oil
- Salt and black pepper to taste

Directions:

1. Preheat oven to 425 degrees.
2. Cut sweet potatoes into ¼ inch slices.
3. In a large bowl, toss slices in oil until coated.
4. Sprinkle with salt and pepper.
5. Spread in a single layer on a baking sheet.
6. Bake until tender and golden brown, about 20 minutes.
7. Turn fries once during baking to cook evenly.

Baked sweet potato fries are a healthy alternative to French fries.



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Join in Fall Family Fun Together!

- Head outside to rake leaves. Don't forget to jump in a big pile of them!
- Go on a family walk and collect different colored leaves.
- Visit a nearby farm or orchard to pick apples right off the tree. To find Maryland farms near you visit www.pickyourown.org/MD.htm
- Buy a variety of apples from the farmers' market or grocery store and see which one is the family favorite.
- Gather neighbors together for a game of soccer or touch football.
- At family meals, talk about all of the things your family is thankful for.
- Kids can help to make homemade applesauce by washing apples, adding ingredients to the pot, and stirring the applesauce. Remember everyone can help with food preparation and clean-up.
- Share these healthy recipes with family and friends to make a delicious and healthy fall meal together.