

## Fall Into Nutrition.....

Summer is gone, but that shouldn't mean that your produce is too! Fall offers an abundance of fruits and veggies to please not only your palate, but your body too. When choosing your produce on a crisp Fall day, think the color way!

**Orange....Pumpkins** are a great source of vitamins C and E, riboflavin, fiber, iron, and potassium. These round wonders also provide compounds called carotenoids that fight heart disease and cancer. Be sure to save those pumpkin seeds for later! They are a great source of monounsaturated and polyunsaturated fats, which also reduce risk of heart disease.

**Red....Apples** are rich in nutrients such as potassium, vitamins C, calcium, and folate. They are high in fiber and low in calories and cholesterol. Whether eaten raw or baked into your favorite dish, apples make a fabulous fall treat.

**Yellow....Yellow squash**, when eaten raw, offers a substantial amount of vitamin C, fiber, potassium, magnesium, and carotenoids. Try adding some of your favorite seasoning-lemon pepper, chili pepper, Creole- to squash that's been sautéed, steamed, or grilled.

Try this fall recipe:

### **Roasted Squash and Sweet Potato Bake**

**1 medium Acorn squash**

**2 large sweet potatoes**

**2 tsp. canola oil**

**1 Tbsp (not packed) brown sugar**

**½ tsp cinnamon**

**¼ tsp nutmeg**

**Peel and cube vegetables. In a large mixing bowl toss vegetables with oil. Spread on baking sheet and sprinkle with brown sugar, cinnamon and nutmeg.**

**Bake at 375° for ~40 minutes or until vegetables are tender.**

*Submitted by Child Nutrition Services 454-2022*