

DELICIOUS FALL FOODS

Pumpkin

The type of pumpkin we eat is called sugar, sweet, or pie pumpkin. It is different than the standard field pumpkins we carve into jack-o'-lanterns. Pumpkins are chock-full of vitamin A and deliver 3 grams of fiber per ½-cup serving of cooked sugar pumpkin.

Pumpkin puree can be mixed into mac-and-cheese, pancake batter, oatmeal, smoothies, chili, or hummus.



Oats

Heart-healthy oats are a good source of dietary fiber and slow-burning energy.

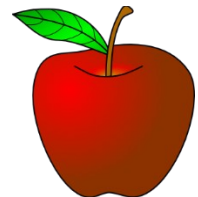
Hot oatmeal is an affordable and filling breakfast. Top oatmeal with nuts such as walnuts, almonds, or pecans; seeds such as ground flaxseed or pumpkin seeds; and fruit such as pears or cranberries for even more fiber, vitamins, and minerals.



Apples

Apples pack a powerful nutrition punch and are a source of vitamin C and dietary fiber. Eat the skin for the full fiber benefits.

Apple slices can be sprinkled with ground cinnamon or paired with cheese or peanut butter for an easy snack. Stewed apples can be served with savory dinner entrees such as roast pork.



Brussels Sprouts

Brussels sprouts are in the cruciferous vegetable family.

Each 1-cup serving of cooked Brussels sprouts provides 4 grams of dietary fiber and is an excellent source of vitamins A, C, K, and folate.

You can cut whole Brussels sprouts into halves or quarters, toss with olive oil and a little sea salt, and roast until crispy. You also can shred them (or buy them pre-shredded) and sauté lightly in olive oil before tossing them with a pasta or rice dish.



Source: <https://www.eatright.org/food/food-preparation/seasonal-foods/4-fall-foods-for-your-family>