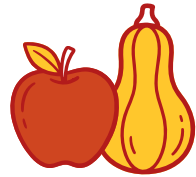




Fall for Fresh Flavors



Autumn offers up a bounty of fresh produce, from apples and cranberries to squash, pumpkins and much more. Packed with key nutrients, such as vitamin A, vitamin C, fiber and magnesium, these fall recipes can help you bring the tastes of the season home.



Apple and Squash Casserole

Combining fall's premier fruit with one of its best-loved veggies, this dish is pure comfort.

INGREDIENTS



3 apples

(about 4 cups sliced), cut into 1/2-inch slices



1 medium butternut squash

(about 4 cups sliced), peeled and cut into 1/2-inch slices



1 teaspoon nutmeg



1.5 teaspoon cinnamon

NUTRITION INFORMATION

Calories: 80

Total fat: 0.5g

Sodium: 0mg

Carbohydrates: 21g

Dietary fiber: 5g

Protein: 2g

Source: The University of Maine Cooperative Extension

DIRECTIONS

- 1 **Preheat oven to 350 degrees F.**
- 2 **Cut apples into slices, leaving the skin on.**
- 3 **Peel squash.** For easier peeling, cut off ends and microwave about 30 seconds on high.
- 4 **Cut squash in half and remove seeds. Cut squash into slices.**
- 5 **Layer squash, apples, nutmeg and cinnamon in an 8x8-inch pan, alternating ingredients.** Ensure apples are the last layer.
- 6 **Cover pan with aluminum foil. Bake for 45–60 minutes, or until squash is tender.**
- 7 **Remove foil and bake an additional 10–15 minutes to eliminate excess fluid.**
- 8 **Let cool slightly, then serve.**



Roasted Pumpkin Seeds

These tasty, kid-pleasing seeds make a perfect after-school snack.

INGREDIENTS



1 quart water



2 tablespoons salt



2 cups pumpkin seeds



1 tablespoon olive oil or canola oil

NUTRITION INFORMATION

Calories: 90

Total fat: 5g

Sodium: 150mg

Carbohydrates: 9g

Dietary fiber: 3g

Protein: 3g

Source: Jenna Smith, University of Illinois Extension

DIRECTIONS

- 1 **Preheat oven to 350 degrees F.**
- 2 **Remove cut seeds and fibers from seeds.**
- 3 **Bring water and salt to a boil in a medium saucepan.** Add seeds and boil for 10 minutes.
- 4 **Drain water.** Spread seeds on a paper towel and pat dry.
- 5 **Toss seeds and oil in a bowl.** Spread seeds on a large cooking sheet.
- 6 **Roast in oven for 30–40 minutes, stirring about every 10 minutes, until golden brown.**
- 7 **Reduce oven temperature to 325 degrees.** Roast 5 more minutes.
- 8 **Let seeds cool before enjoying or storing in an airtight container.**

Need an expert's help building healthy eating habits this fall? Find a doctor today: weillcornell.org/doctors

