

FALL INTO SEASONAL PRODUCE

Have fun with the produce that is currently in season.

Make it an opportunity to introduce new fruits and vegetables to your children!



Pumpkin Parfait

Ingredients:

- 6 oz. of low-fat vanilla yogurt
- ¼ cup granola
- ¼ cup pumpkin puree
- 2 tsp. brown sugar
- ½ tsp. pumpkin pie spice

Directions: Combine pumpkin puree, brown sugar and pumpkin pie spice, and set aside. Layer the ingredients in individual serving bowls, starting with low-fat vanilla yogurt, then pumpkin puree mixture, and top with granola.

Makes 2 servings.

Fall Produce includes:

- Apples
- Brussels Sprouts
- Cauliflower
- Dates
- Pears
- Pumpkin
- Pomegranate
- Sweet Potatoes
- Turnips
- Winter Squash



Look at what I made today!



Baked Sweet Potato Fries

Ingredients:

- 2 peeled sweet potatoes
- 2 Tbsp. Olive oil
- ½ tsp. salt
- ½ tsp. black pepper

Directions: Preheat the oven to 450 degrees. Halve the sweet potatoes lengthwise and cut each half into 3 long spears. Place them on a sheet pan and toss with olive oil, and sprinkle potatoes with salt and pepper. Bake for 15 minutes and then turn with a spatula. Bake for another 5-10 more minutes, until lightly browned. Makes 4-6 servings.

For more information about creating a healthy plate, visit www.choosemyplate.gov