

# KEEP YOUR AUTUMN MEALS TASTY & INSPIRING WITH THESE TIPS!







**Center for Community Health & Prevention** 



# SEASONAL SALADS

Add pear or apple slices, or grapes, for a sweet crunch.



## APPLE SPOTLIGHT What can't you do with apples?

- Baked goods
- Add to oatmeal or salad
- Cider Mocktails, too!
- Roast and add to a pork dish for sweet and savory vibes

- Apple sauce
- Apple butter







## MORE THAN PIE FILLING

Pumpkin can be added to smoothies, pumpkin-spiced oatmeal, pureed for soups, or baked goods.

Roast the seeds and add to salads or as a crunchy topper to just about any dish!







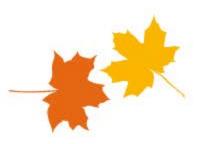


### **VEGGIE ROAST**

Fall veggies shine when roasted, as the caramelization brings out their natural flavors.

Make a sheet-pan full to have ready for meals 'on the fly.'









# THE CURIOUS CRUCIFEROUS

Broccoli, cauliflower, and Brussels sprouts are packed with nutrition, and very versatile.

They can be roasted, or added to salads, casseroles, pasta dishes, soups, or curries.

