



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



# 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.

