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EAT WELL, CARE WELL. ROASTED VEGGIES

As the colder month of October rolls in, it can seem disheartening when the vibrant summer produce season, filled with delicious fruits, comes to an end. However, fall produce offers a wonderful array of scrumptious veggies to enjoy. McKenzie Hall, a registered dietitian explains why eating with the seasons is beneficial; "By eating with what's available and local to you, you provide your body with a variety of nutrients and your taste buds with a variety of flavors. Plus, it encourages a bit more experimentation with produce in the kitchen".

Squash, turnips, sweet potatoes, brussels sprouts, and cauliflower are all readily available during the fall season. While there are many ways to prepare these veggies, my favorite way is to roast the vegetables. Roasting veggies is a simple and easy way to prepare a side dish to any meal. One of my favorite pairings is sweet potatoes with steak & broccoli!

Our second recipe included on the next page incorporates fall flavors, like cinnamon & maple syrup, to spice up some classic fall veggies. Give these recipes a try & enjoy the beautiful fall scenery!

WEEKLY CHALLENGES

EXPERIMENT WITH A NEW VEGGIE

VISIT YOUR LOCAL FARMERS MARKET

INCLUDE VEGETABLES IN ALL THREE MEALS FOR ONE DAY

TRY ONE OF OUR RECIPIES

DID YOU KNOW?

THERE ARE OVER 15 DIFFERENT TYPES OF SQUASH!

Roasted Garlic Cauliflower

This recipe is brought to you from: <http://allrecipes.com/recipe/54675/roasted-garlic-cauliflower/?Inkid=1746>

INGREDIENTS:

- 2 tablespoons minced garlic
- 3 tablespoons olive oil
- 1 large head cauliflower, separated into florets
- 1/3 cup grated parmesan cheese
- Salt & pepper to taste
- 1 tablespoons chopped fresh parsley

DIRECTIONS:

1. Preheat oven to 450 degrees. Grease a large casserole dish.
2. Place the olive oil and garlic in a large resealable bag. Add cauliflower and shake to mix. Pour into casserole dish, and season with salt and pepper
3. Bake for 25 minutes, stirring halfway through. Top with parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown



Cinnamon Maple Roasted Veggies

This recipe is brought to you from: <https://www.mrfood.com/Vegetables/Cinnamon-Maple-Roasted-Veggies>

INGREDIENTS:

- ¼ cup vegetable oil
- ½ teaspoon ground cinnamon
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ pounds butternut squash, peeled, seeded, and cut into ½ inch cubes
- 1 pound brussels sprouts, trimmed and cut in half
- ½ cup walnut halves
- ½ cup dried cranberries
- 3 tablespoons maple syrup

DIRECTIONS:

1. Preheat oven to 400 degrees Fahrenheit. In a large bowl, combine oil, cinnamon, salt, pepper; mix well
2. Add squash and brussels sprouts and toss until evenly coated. Place vegetable mixture on baking sheets
3. Bake for 30 minutes, or until tender and beginning to brown.
4. Place on large platter, then sprinkle with walnuts and dried cranberries.
5. Drizzle with syrup and toss gently. Serve immediately & Enjoy!



Photos by Pam VanKampen