

# SNACK TIMES

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KNOWS

## 'Falling' for Fall Fruits & Vegetables

Fall is a season full of cooler weather, festivities, and amazing fruits and vegetables. Try adding these seven items to your plates this fall to boost vitamins, minerals, and fiber in meals.

Pumpkin is full of fiber and beta-carotene (vitamin A), great for eyes and skin. Pumpkin can be used in sweet or savory dishes. Try adding pumpkin (fresh or 100% canned) into casseroles, pastas, or soups. Seeds from the pumpkin can be roasted for a great snack.

Pears are a great source of fiber and vitamin C. They can be eaten raw as a whole fruit, on salads or sandwiches, in smoothies, or grilled. There are many different varieties of pears, all a great source of fiber when the skin is eaten.

Spaghetti Squash is a great low calorie, nutrient dense option in place of traditional pasta. To prepare a spaghetti squash cut in half and scoop out seeds. Place halves face down in oven to roast or microwave until squash is tender. Using a fork scrape out the noodle shaped squash, use just like spaghetti with tomato or your favorite sauce.

Apples are great raw, baked into chips, added to salads or sandwiches, or made into applesauce or oatmeal. Apples are full of fiber, vitamin C, and antioxidants that help with heart health.

Beets can be eaten in many different ways including roasting, baked into chips, and shredded raw into salads. The greens (beet tops) can also be eaten, try them sautéed like spinach for a delicious leafy green option.

Sweet Potatoes are full of fiber, vitamin A, vitamin C, and potassium. They are great served at any meal! Try adding sweet potatoes to your pancakes, waffles, soups, or cut and bake them as fries.

Brussels Sprouts are low in calories but high in fiber, vitamin A, and vitamin K. They can be roasted with oil and pepper, sautéed with onions, shaved raw into a salad, or added to any hash.



## Creamy Pumpkin Pasta

### Ingredients:

2 cloves garlic, minced  
1 tablespoon butter  
1 cup pumpkin puree (can or fresh)  
1 cup chicken broth  
1/8 teaspoon nutmeg  
1/4 teaspoon chili powder  
Pepper and cayenne to taste  
2 tablespoons milk  
8 ounces pasta

### Directions:

1. Cook pasta per direction on box.
2. In skillet melt butter, add minced garlic and sauté for 1 minute.
3. Add pumpkin puree and chicken broth to skillet, stir to combine.
4. Add nutmeg, chili powder, cayenne, and pepper. Stir and let simmer for 10 minutes.
5. Once pasta is done, drain well and add into pumpkin sauce. Adjust spices to flavor for your family. Garnish with grated parmesan cheese.
6. Serve hot. Serves 2.

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**Every CSFP box contains the following or its equivalent:** 2 Milk, 1 Cheese, 1 Large Meat Protein and 1 Small Meat Protein, 3 Vegetable-based Proteins, 2 Rice or Pasta Items, 2 Cereal Items, 2 Juice, 2 Fruit, 8 Vegetables.