



*Eating vegetables helps to reduce the risk of heart disease, heart attack, stroke, high blood pressure, digestive issues, and obesity. Vegetables are rich in antioxidants, fiber, folic acid, vitamin A, vitamin C, and potassium. Non-starchy vegetables are naturally low in fat, calories and sodium and are cholesterol free. The 2010 Dietary Guidelines for adults recommend eating 2.5 cups of vegetables a day. One serving is considered to be ½ cup of raw or cooked vegetables or 1 cup of raw leafy salad greens (about the size of a small fist). A simple way of figuring out ideal vegetable portions is to divide your plate and fill half of your plate with vegetables, one quarter with protein and one quarter with carbohydrate or starches. Try to eat a variety of colors. This article will provide some information about common vegetables that are in season in the fall.*

### Sweet Potato

**Selection and Storage:** Keep in a cool, dark place (55-60 degrees), not in the refrigerator. In the fridge they can develop a hard core and an “off” taste. Pick out potatoes that are smooth and hard, without bruises or decay.

**Basic Preparation:** Wash and dry the raw potatoes. Prick with a fork several times, place on microwave-safe plate and cook 7-8 minutes per potato. Turn the potatoes over half-way through.

**Nutrition Facts:** One half cup contains 125 calories, no fat, 29 grams carbs, 2 gm protein, and 4 gm of fiber.

### Butternut Squash

**Selection and Storage:** Keep squash away from the light and heat. Store in a cool, dry, place. Pick out squash that is heavy, with a firm, dull skin, without bruises or decay.

**Basic Preparation:** Set oven to 400°. Cut squash in half, remove seeds and flesh, place squash flesh side down in pan, and add enough water so bottom of pan is covered. Bake until tender, remove from heat, turn over, season and enjoy.

**Nutrition Facts:** One cup cubed contains 63 calories, no fat, 16 gm carbs, 1 gm protein, and 3 gm of fiber.

### Acorn Squash

**Selection and Storage:** Keep in a cool, dark storage area. Pick out a heavy firm squash with a dull skin without any soft spots.

**Basic Preparation:** Cut squash in half, remove seeds and flesh, and place squash in a baking dish. Cover with ½ inch of water. Bake, covered for 30 minutes in a preheated 350° oven. Uncover for the last 10 minutes of cooking to brown. Squash should be tender when pricked with a fork. See microwave preparation instructions below.

**Nutrition Info:** One cup cubed contains 56 calories, no fat, 15 gm carbs, 1 gm protein, and 2 gm of fiber.

**Website references:** [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov); [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org); [homecooking.about.com](http://homecooking.about.com); [www.tasteofhome.com](http://www.tasteofhome.com); [www.cooks.com](http://www.cooks.com) ; [www.justvegetablerecipes.com](http://www.justvegetablerecipes.com); [www.savvyvegetarian.com](http://www.savvyvegetarian.com)

### Tasty Acorn Squash in the Microwave

2 servings

Adapted from [www.cooks.com](http://www.cooks.com)

1 acorn squash  
4 tsp brown sugar

2 tsp butter  
Optional : 1 tsp lemon juice, pinch nutmeg, curry, nuts

**Directions:** Wash squash and pierce in several places with a fork. Cook the whole squash in microwave for 4 minutes, turn over, cook another 4 minutes. Cut squash in half and remove seeds. Fill each center with a tsp of butter and 2 tsp of brown sugar. Place back into microwave for another 3 minutes or until tender. Apply additional toppings if desired.

**Nutrition Facts:** Calories 160, Fat 4 gm, Sodium 10 mg, Carbohydrate 31 gm, Fiber 3 gm, Protein 2 gm

## Turkey Pumpkin Chili

6 servings

Adapted from [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

2 Tbsp of olive oil	1 (14.5 oz) can diced tomatoes, unsalted
1 onion, yellow, fresh, small, chopped	1 (15 oz) can pumpkin puree, unsalted
1 large sweet green pepper, seeded and chopped	1 (15 oz) can white kidney beans, unsalted, rinsed & drained
2 jalapeño chili peppers, seeded and finely chopped	1 Tbsp chili pepper
2 garlic cloves, minced	1 tsp ground cumin
1 lb ground turkey, 7% fat	½ tsp salt
1 cup water	Ground black pepper to taste

**Directions:** Heat oil in a large pot over medium high heat. Add onion, green pepper, jalapeños, and garlic. Cook, stirring frequently until tender for about five minutes. Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt, and pepper (to taste) and bring to a boil. Reduce heat to medium low and add the beans. Cover and simmer, stirring occasionally, for 30 minutes. Ladle chili into bowls and serve.

**Nutrition Facts:** Calories 270, Fat 12 gm, Sodium 300 mg, Carbohydrate 22 gm, Fiber 7 gm, Protein 19 gm

## Stuffed Sweet Potatoes

6 servings

Adapted from [www.tasteofhome.com](http://www.tasteofhome.com) 2013

6 sweet potatoes, medium
8 oz pineapple, crushed, packed in juice, drained
½ cup orange juice
2 Tbsp butter, unsalted
½ tsp salt

**Directions:** Pierce sweet potatoes with a fork. Bake at 400° F for 55-65 minutes or until tender. Cool slightly. Remove pulp from potatoes, keeping the skins intact. In a bowl, combine the pulp, pineapple (drained of juice), orange juice, butter, and salt. Refill potato shells and place in a greased 13x9 inch baking dish. Bake for 400° for 20 minutes more.

**Nutrition Facts:** Calories 170, Fat 4 gm, Sodium 240 mg, Carbohydrate 32 gm, Fiber 4 gm, Protein 3 gm

## BONUS RECIPE

**SWEET POTATO CHIPS:** Wash and dry sweet potato and slice very thin. Brush with olive oil, sprinkle lightly with seasoning, and place on a baking sheet into preheated 350° F oven for 15 minutes or until crispy. Serve hot.

## Roasted Winter Vegetables

8 servings

Adapted from *Barefoot Contessa Family Style* 2002

1 lb medium size carrots, peeled	3 Tbsp olive oil
1 lb parsnips, peeled	1 tsp Kosher coarse salt
2 lb butternut squash (1 medium-size squash)	½ tsp ground black pepper
1 large sweet potato, peeled	2 Tbsp fresh flat-leaf parsley, chopped

**Directions:** Preheat oven to 425°F. Peel, halve, and seed butternut squash. Cube carrots, parsnips, and sweet potato into 1 ¼ inch cubes. Veggies will shrink while baking, so don't cut them too small. Place all the cut vegetables in a single layer on 2 baking sheets. Drizzle with olive oil, salt and pepper and toss well. Bake for 25-35 minutes until tender, turning once. Sprinkle with parsley, season to taste, and serve hot.

**Nutrition Facts:** Calories 200, Fat 6 gm, Sodium 290 mg, Carbohydrate 35 gm, Fiber 7 gm, Protein 3 gm