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Recipe: Harvest Delight**

For more information on Better Living for Texans programs, please contact Priscilla Hammond at (979) 823 0129

Harvest Foods

Fall is a great time to explore new cuisine. There are so many tasty options that can help increase your nutrients while keeping your taste buds interested.

Parsnips:

Although similar in appearance and texture, parsnips are sweeter than carrots. These vegetables are high in potassium and fiber. They usually have the best flavor when left in cold weather for long periods of time. You can cook them like carrots but be sure to remove the thick fibrous core. They are best stored unwashed, in a plastic bag in the refrigerator. They can last several months.

Squash:

There are many varieties of squash. Common nutrients are Vitamins A, E, and B6. Most can be seasoned savory or sweet, making it a very flexible food that you can get creative with. Some popular types are pumpkin, butternut squash, spaghetti squash (which looks like skinny pieces of spaghetti when shredded!), yellow squash, and acorn squash. Most of them have fibers and seeds in the center that can be removed before cooking. If you have a large amount, it's best to cook it all and freeze the leftovers. They leftovers will last better in the freezer than on the shelf after you've already cut into. Finding a way to make your excess squash shouldn't be an issue, There are so many different recipes and ways to enjoy it.

Sweet Potatoes:

These are another great food to enjoy both savory and sweet. One medium sweet potato contains more than a day's worth of Vitamin A. The skin is very rough and sometimes gritty. It's important to wash the skin and even brush it clean with warm water and a brush.

Brussel Sprouts:

These tiny, cabbage-like veggies are best when bright green and are delicate in flavor. Brussel Sprouts are high in Vitamins C, K, folic acid, and B6. It also contains a good amount of fiber. They are best steamed for 7-10 minutes. If cooked too long, they can become bitter tasting. They should not be stored in the refrigerator for more than 2 days or the flavor and nutrition will be lost. Interestingly, Brussel sprouts have a particularly high amount of protein, although incomplete.

Complementary Proteins

Some foods need to be paired with other foods in order to get enough amino acids to make up a complete protein. This is particularly important for vegetarians, but it is beneficial for everyone to understand. Here is a list of food pairings that make a complete protein:

*Legumes with grains, nuts, seeds, or dairy

*Grains with dairy

*Dairy with nuts and seeds

Some good choices would be whole grain cereal with milk, tacos filled with beans, yogurt with nuts, grilled cheese sandwich on whole grain bread, or brown rice and beans.

Harvest Delight



Ingredients

- 1 1/3 cups Fresh green apples, peeled, cored, diced 1/2"
- 1/3 cup Fresh carrots, peeled, sliced 1/4"
- 1 cup Fresh sweet potatoes, peeled, cubed 1"
- 1 cup Fresh butternut squash, peeled, seeded, cubed 1/2"
- 1/3 cup Fresh red onions, peeled, diced
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon Sea salt
- 1 teaspoon Fresh thyme, chopped
- 1 teaspoon Fresh oregano, chopped
- 1 teaspoon Fresh sage, chopped
- 1 teaspoon Fresh rosemary, chopped
- 1 teaspoon Fresh garlic, minced
- 3/4 tablespoon maple syrup
- 1 cup Fresh baby spinach, chopped
- 1/8 cup Dried cranberries, finely chopped

Directions

1. Preheat oven to 425 °F.
2. You may place diced apples in a small bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.
3. Steam carrots in a steam basket over high heat for 10 minutes or until soft.
4. Toss potatoes, squash, carrots, and red onions in a large mixing bowl with olive oil and salt.
5. Line a large baking pan with parchment paper and spray with nonstick cooking spray. Spread vegetables evenly on baking pan. Roast vegetables in oven at 425 °F for 25 minutes or until tender and slightly browned. Turn vegetables once midway through roasting.
6. In a large mixing bowl, combine apples, thyme, oregano, sage, rosemary, and garlic.
7. Remove vegetables from oven, lower heat to 400 °F. Add apple mixture to vegetables. Spread evenly. Return to the oven and roast for 15 minutes or until slightly tender.
8. Remove from oven. Drizzle with maple syrup and mix well. Return to oven. Roast for 8 additional minutes at 400 °F until vegetables are fork-tender.
9. Remove vegetables from the oven and gently toss in spinach. Mix in cranberries. Serve hot.



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M
AGRILIFE
EXTENSION

Calories **93**

Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	103 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A

Protein **1 g**

Vitamin D	0 IU
Calcium	38 mg
Iron	2 mg
Potassium	301 mg

MyPlate Food Groups



Fruits	1/4 cup
Vegetables	1/2 cup

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