

## AUTUMN FRUITS & VEGETABLES

**ACORN SQUASH** is a type of acorn-like shaped winter squash which is yellow, dark green, tan, or orange.



**As Dessert.** Heat half a peach, half an apple, honey, nutmeg, and a ¼ teaspoon of butter in a frying pan on low heat until tender. Microwave a hollowed out portion of squash until tender. Fill with apple mixture and enjoy!

**Roasted.** Cube acorn squash and add to other veggies like parsnips, carrots, potatoes, and onions. Coat lightly with olive oil, sprinkle with salt, and then bake until the veggies are soft.

**Stuffed.** Cut in half and remove the seeds, then stuff it with your favorite meatloaf mix recipe and bake.

**BUTTERNUT SQUASH** wasn't introduced commercially until 1944. It can be used as a substitute for pumpkin.



**Baked and stuffed** with apples and ham

**Add cooked squash** to a can of white beans with a dash of cinnamon and cumin

**Mashed** with yams, seasoned with ginger and cinnamon



**DELICATA SQUASH** is also referred to as the peanut squash and Bohemian squash. Delicata squash hold their shape well when cooked, making them a good choice for stuffing .

**Roasted.** Preheat the oven to 450°F. Halve and seed the squash. Coat the flesh side of the squash lightly with olive oil and season with salt and pepper. Place flesh side down on a baking sheet. Roast for 30 to 40 minutes. Enjoy!

**Sautéed.** Heat 2 teaspoons of olive oil in a large skillet. Halve the squash, discard the seeds, and slice thinly. Sauté squash until it becomes tender. Season with salt and pepper. Enjoy!

**Caramelized.** Try roasting delicata squash with halved pears or apples. The caramelized sugars from the fruits will enhance the natural, subtle sweetness of the squash.

Every part of the **SWEET DUMPLING SQUASH** plant can be eaten, including the leaves and tender shoots, which are great additions to soups and stews.



**Creamy Soup.** Dice a peeled sweet dumpling and simmer in vegetable or chicken broth. Once soft, purée with a blender or food processor. Flavor your soup with minced fresh ginger, onions, and spices (saffron works!), then add a low-fat cream just before serving.

**Stuffed!** Slice dumpling squash in half and remove seeds and pulp. Rub a baking sheet with olive oil and place the squash cut side down on the sheet. Bake for about 30 minutes. While the squash is cooking, create a mixture of whole grains, cheeses, seasonings, vegetables, and dried fruits to be spooned inside. After cooking, flip squash over and stuff with mixture then cook for an additional 10 minutes—enjoy!

**Baked or Roasted.** Cut around the stem of your sweet dumpling and remove the top. Scoop out the seeds and pulp, then bake the cleaned squash until tender. Enjoy as is, or top with vegetables, cheeses, or seasonings.



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Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack and Gladstone Borough

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**TURNIPS** come in all shapes and colors, from round to cylindrical and rose to black. They may be eaten raw or cooked.

**Mash 'em!** And you thought you could only mash potatoes! Mashed turnips add a little kick to white or sweet potatoes.



**A New Kind of Coleslaw.** Enjoy shredded turnip instead of cabbage in your next batch of homemade coleslaw.

**Turbo-Boost Your Stew.** For an extra boost of nutrition and flavor, add turnips to soup or stew at the same cooking stage as you would potatoes.

Each **POMEGRANATE** contains hundreds of seeds surrounded by translucent flesh, both of which are edible. Eat them raw, add to salads or juice for a healthy drink.



**Dairy Delight.** Add pomegranate seeds to vanilla yogurt for a powerful flavor boost and added fiber.

**Great Snack!** Snack on pomegranate seeds right out of the fruit.

**Marinade.** Juice the seeds and use as a marinade for shrimp, chicken or pork.

**Salad Sprinkles.** Toss some pomegranate seeds onto your favorite salad.

**BRUSSELS SPROUTS** These veggies aren't really baby cabbages, but are in the same plant family.



**Make candied Brussels sprouts.** Defrost frozen sprouts and dust with brown sugar and a pinch of salt. Microwave for 5 minutes and serve hot.

**Simply roast** Brussels sprouts at 400 degrees for 40 minutes. Toss with a small amount of olive oil before baking.

**Blanch** sprouts in boiling water for 5 minutes. Sauté with garlic and onion. Add vinegar and toss so Brussels sprouts are evenly coated or sprinkle with grated Parmesan cheese.

**Add chopped** Brussels Sprouts to your favorite salad greens.

**Shake and bake!** Place Brussels sprouts, olive oil, bread crumbs, and a dash of salt and pepper in a large re-sealable plastic bag, and shake to coat. Bake at 400 degrees for 30 to 45 minutes, or until dark brown.

### General Guidelines:

1. Squash can stay fresh for up to 3 months when stored in a cool, dry area away from direct sunlight.
2. Select squash that are heavy for its size. Avoid squash with soft spots or cracks.
3. Store turnips in the refrigerator in a plastic bag for only a few days since they get bitter with prolonged storage.
4. Choose brussel sprouts that are firm, compact, with bright green heads. Buy on stalk when possible.
5. Winter fruits and vegetables are fat free, saturated fat free, cholesterol free, and very low in sodium. They are a good source of fiber. Most are an excellent source of vitamins A and C, potassium and magnesium.
6. Pomegranates are a good source of vitamin K, folate, and copper.

Extracted from: <http://www.fruitsandveggies.org/>



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