Flavors of Fall Harvest

It’s time for squash, gourds and pumpkins! Pick up a squash for dinner at your local farmers market and a pumpkin to decorate.

Especially look for ways to stretch your dollar by buying produce on sale. Items to look for this week include:

- Potatoes
- Spaghetti Squash
- Acorn Squash
- Sweet Corn
- Canned Beans
- Apples

Eat healthy and save!

Recipe of the week: Baked Squash

Ingredients:
1 Acorn squash
1 1/2 cups water
2 Tablespoons brown sugar (optional)
2 Tablespoons butter (optional)

Instructions:
1. Cut acorn squash in half and scoop out the seeds and guts with a metal spoon
2. Take out a cookie sheet with sides and put the acorn squash cut side down
3. Put water in the bottom of the pan so the bottom of the squash is covered
4. Bake for approximately 1 hour; poke with a fork to test. If fork goes through easily, it is done!
5. Sprinkle with brown sugar and butter to add sweetness; Enjoy!
**banana split oatmeal**

Yield: 1 serving  
Calories: 150 per serving

**Ingredients**
- 3 1/3 cups oatmeal, quick-cooking (dry)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt, non-fat

**Steps**
1. In a microwave safe cereal bowl, mix together the oatmeal and salt; stir in water.
2. Microwave on high power for 1 minute; Stir; Microwave on high power for another minute; Stir again
3. Microwave an additional 30 to 60 seconds on high power until the cereal reaches the desired thickness; Stir again
4. Top with banana slices and/or frozen yogurt.

**quick chili**

Yield: 4 servings  
Serving size: 3/4 cups  
Calories: 230 per serving

**Ingredients**
- 1/2 pound ground beef
- 1 can kidney beans (15 1/2 ounces, with liquid)
- 1/2 cup frozen yogurt, non-fat
- 1 tablespoon onion, instant minced
- 1 and 1/2 tablespoons chili powder
- 1 cup tomato sauce, no salt added

**Steps**
1. Thoroughly cook ground beef in skillet until browned (160 degrees). Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Drain off fat into container
3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder
4. Bring to a boil; Reduce heat, cover, and simmer for 10 minutes
5. Refrigerate or freeze leftovers within 2 hours of cooking; Use refrigerated leftovers within 4 days
Color the healthy produce for some fun!!

Color and Name ME Winter Vegetables

Meet these vegetables that are popular in winter! Can you color them and give them a name?

Hi! I am a Radish

Hi! I am a Zucchini!

Hi! I am a Squash!

Hi! I am a turnip!

Visit www.ChefSeamus.com for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and food diary and more!

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Halloween Candy Safety Tips

Halloween is a fun time for kids, so make sure it stays fun AND safe with these helpful tips:

- Instruct children not to open their candy until they return home.
- Inspect all candy for tampering before allowing them to start eating.
- Accept only wrapped and packaged candy.
- Do not eat candy that has been unwrapped or opened.
- Never eat fruit or other unwrapped items.
- Prevent a tummy ache by limiting 2-3 small pieces of candy at a time.
- Throw away any candy or food that is not wrapped tightly by the candy company.
- If you should find an object in the candy or find anything unusual about it, call the police department.
- Consider throwing a Halloween party for your child and his or her friends instead of extended trick-or-treating.
- Do not give homemade or unwrapped treats to children.
- Remember, some children have to follow certain dietary restrictions which prohibit them from eating the traditional treats we offer on Halloween.

Have a safe and happy Halloween!

Link for more resource information:
http://polk.uwex.edu/