

## "Fall" into Healthy Comfort Foods

As the weather turns cooler and the leaves begin to change, we all have favorite foods that start to return to our diets. Unfortunately, many cold weather favorites tend to be very high in fat and calories, leading to decreased healthfulness of our diets and unplanned winter weight gain. But don't despair! Many recipes can easily be made healthier with simple ingredient additions or substitutions.

### fall what's in season?



apples



butternut



celery



swiss chard



chicory



collard greens



cranberries



garlic



ginger



grapes



kohlrabi



onions



pears



persimmon



pumpkin



quince



shallots

Consider creamy warm soups such as "Pumpkin Curry" for a boost of fiber and Vitamin A, along with anti-inflammatory benefits. For a lower-calorie, gluten free alternative to pasta, try using spaghetti squash instead. The red color in beets is caused by a healthy phytochemical, making beet juice a natural alternative to red food coloring. Beets are rich in nitrates and may help to support healthy blood pressure. Swap out mashed potatoes for Vitamin C and folate rich parsnips in your favorite dishes like Shephard's Pie. For a healthy snack or meal addition which can promote urinary tract health, try cranberries. Fresh and dried cranberries pair well with a variety of meats and poultry.

#### This Month's Featured Fruit:

### APPLES

Apples are an extremely versatile fruit that can be enjoyed raw or cooked in many delicious ways. The Central New York area is famous for our apple growing ability, and with so many varieties available the possibilities to "keep the doctor away" are endless! One medium sized apple has only 100 calories but provides 4 grams of dietary fiber and 14% of the daily Vitamin C requirement.

