

Shopping List: 4 Fabulous Dishes for Fall

Fresh Produce

- 1 cup [Baby spinach](#)
- 1 cup [Spring mix lettuce](#)
- 2 [Pears](#)
- 2 [Apples](#)
- 2 [Granny Smith apples](#)
- 1 [Green onion](#)
- 2 [Garlic Cloves](#)
- $\frac{1}{8}$ cup [Lemon juice](#)
- 1 $\frac{1}{2}$ cups [Onion](#)
- 2 [Large sweet potatoes](#)
- 2 cups [sugar pumpkin, butternut, or kabocha squash](#) or 2 cups pumpkin puree*

Dry Goods

- 1 cup [rolled oats](#)
- $\frac{1}{4}$ cup [raisins](#)
- 1 $\frac{1}{2}$ cups [dry brown rice](#) or 1 cup cooked

Canned Goods

- $\frac{1}{2}$ cup [canned pumpkin](#)

Dairy

- $\frac{1}{2}$ cup [milk and non-dairy alternatives](#)
- 6 ounces [Blue cheese \(optional\)](#)
- 1 tablespoon [butter](#)

Pantry Staples

- 1 teaspoon [cinnamon, nutmeg, or pumpkin pie spice](#)
- 2 teaspoons [honey, maple syrup, or other sweetener, optional](#)
- 1 tablespoon [Sugar](#)
- $\frac{1}{2}$ teaspoon [Vanilla Extract](#)
- $\frac{1}{8}$ cup [Rice vinegar](#)
- 1 tablespoon [Honey](#)
- 1 tablespoon [Mustard](#)
- $\frac{1}{4}$ cup [Olive oil](#)
- $\frac{1}{2}$ cup [low-sodium chicken or vegetable stock](#)
- 3 cups [vegetable stock](#)
- 2 teaspoons [oil](#)
- 1 tablespoon [dried sage](#)
- [salt](#) and [black pepper](#)
- $\frac{1}{2}$ teaspoon [cayenne pepper](#)

*You can substitute 2 cups canned pumpkin for the whole fresh pumpkin or squash

Pumpkin Oatmeal

This is a great recipe for fall, when canned pumpkin is easy to find.

Makes 3 servings. $\frac{2}{3}$ cup per serving.

Ready in 15 minutes.

Ingredients

1 cup [Rolled oats](#)

1½ cups [Water](#)

½ cup [Milk and Non-Dairy Alternatives](#)

½ cup [canned pumpkin](#)

¼ cup [Raisins](#)

1 teaspoon [cinnamon, nutmeg, or pumpkin pie spice](#)

2 teaspoons [honey, maple syrup, or other sweetener](#), optional

Directions

1. Heat water over medium heat in a skillet until bubbles form. This takes about 3–5 minutes.
2. Stir in oats. Cover and lower heat to low.
3. Cook oats until thick, about 5 minutes. Lift lid and stir every minute or two.
4. Stir in milk and other ingredients.
5. Cook for 1–2 more minutes.

Chef's Tip

Microwave Directions:

1. Mix oats and water in a microwave-safe bowl.
2. Cook on high for 2–3 minutes. Stir once during cooking.
3. Add other ingredients including milk.
4. Heat for 30 more seconds or until done.

Nutrition information per serving: Calories 272, Total Fat 5g, Saturated Fat 1g, Carbohydrate 49g, Dietary Fiber 7g, Protein 11g Sodium 23mg

Recipe Source: Leah's Pantry

For more meal plans and recipes, visit <http://eatfresh.org>

Pumpkin Rice Pudding

You can use leftover rice and canned pumpkin puree for a really quick meal!

Makes 6 servings. ½ cup per serving.

Ready in 1 hour (or less).

Ingredients

- 1½ cups [dry brown rice](#) or 1 cup cooked
- 3 cups [Water](#)
- ½ teaspoon [Salt](#)
- 2 cups [sugar pumpkin, butternut, or kabocha squash](#) or 2 cups pumpkin puree*
- 1 tablespoon [Sugar](#)
- ½ teaspoon [Vanilla Extract](#)

Directions

1. Combine rice with water and salt in a large pot. Bring to a boil, and then reduce to a simmer. Cover pot, and cook rice until very soft and sticky, about 45 minutes.
2. Pierce squash with a knife in several places to allow steam to escape. Put whole squash in microwave. Cook for 10-15 minutes on HIGH.
3. Remove from microwave. Allow to cool for at least 5 minutes or until cool to touch.
4. Cut squash lengthwise. Scoop out the seeds, and discard.
5. With a spoon, scrape out the flesh into the pot with the rice. Stir in sugar and vanilla. Add water, if needed, for a porridge consistency. Simmer 2 to 3 minutes over low heat to warm through.

Chef Tips

You can substitute 2 cups canned pumpkin for the whole fresh pumpkin or squash; eliminate steps 2-4.

Nutrition information per serving: Calories 94, Total Fat <1g, Saturated Fat <1g, Carbohydrate 21g, Dietary Fiber 2.9g, Protein 2g Sodium 205mg

Recipe Source: Leah's Pantry

Fresh Fall Salad

A yummy salad with seasonal veggies and fruits for a nice autumn day!

Makes 5 servings. 1 cup per serving.

Ready in 20 minutes.

Ingredients

- 1 cup [Baby spinach](#)
- 1 cup [Spring mix lettuce](#)
- 2 [Pears](#) cored & medium chopped
- 2 [Apples](#) cored & medium chopped
- 1 [Green onion](#) medium chopped
- 6 ounces [Blue cheese \(optional\)](#)
- 1 [Garlic Clove](#) roughly chopped
- $\frac{1}{8}$ cup [Rice vinegar](#)
- $\frac{1}{8}$ cup [Lemon juice](#)
- 1 tablespoon [Honey](#)
- 1 tablespoon [Mustard](#)
- $\frac{1}{4}$ cup [Olive oil](#)

Directions

1. Blend olive oil, rice vinegar, lemon juice, honey, mustard, chopped garlic, salt, and pepper. Set aside.
2. In a large bowl combine baby spinach, spring mix, pears, apples, and green onions. Pour dressing over salad and serve. Serve blue cheese separately.

Nutrition information per serving: Calories 310, Total Fat 21g, Saturated Fat 8g, Carbohydrate 26g, Dietary Fiber 4g, Protein 8g Sodium 590mg

Recipe Source: UC Calfresh

For more meal plans and recipes, visit <http://eatfresh.org>

Spicy Sweet Potato and Apple Soup

This soup is packed with vitamin A and fiber. It tastes great served hot or cold.

Makes 10 servings. 1 cup per serving.

Ready in 1 hour 20 minutes.

Ingredients

- 1 tablespoon [Butter](#)
- 1½ cups [Onion](#) chopped
- 1 [Garlic Clove](#) minced
- 2 [Granny Smith apples](#) peeled, cored, and chopped
- 2 [Large sweet potatoes](#) peeled and cut into 1/2 inch pieces
- ½ teaspoon [Cayenne pepper](#)
- ½ teaspoon [Pepper](#)
- 3 cups [Vegetable stock](#)
- 3 cups [Water](#)

Directions

1. Melt butter in a large stockpot over medium heat. Add onion and garlic and cook until golden.
2. Add apples, sweet potatoes, cayenne pepper, black pepper, stock, AND WATER. Bring to a boil.
3. Reduce heat to low and simmer until the sweet potatoes are soft, about 1 hour.
4. Add salt to taste and adjust the seasonings.
5. Ladle into bowls as is, or pour soup into a blender and purée until smooth.

Nutrition information per serving: Calories 126, Total Fat 3g, Saturated Fat 1.5g, Carbohydrate 23g, Dietary Fiber 4g, Protein 2g Sodium 103mg

Recipe Source: Leah's Pantry