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Making the Most of Fall Produce

With the changing of the seasons, we look forward to the wide variety of produce available. From apples and pumpkins to Brussels sprouts and butternut squash, there are many reasons to embrace this time of year. Keep reading for more information on the benefits of incorporating these tasty foods during the fall season.



Fall Fruits:

- ⇒ Apples
- ⇒ Cranberries
- ⇒ Grapes
- ⇒ Pomegranates
- ⇒ Pumpkins
- ⇒ Pears
- ⇒ Figs



Fall Vegetables:

- ⇒ Squash (butternut, delicata, acorn, spaghetti)
- ⇒ Potatoes
- ⇒ Sweet Potatoes
- ⇒ Beets
- ⇒ Brussels sprouts
- ⇒ Turnips
- ⇒ Parsnips
- ⇒ Carrots



Building Strong and Vibrant New York Communities

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Health Benefits

Fruits and vegetables are great sources of dietary fiber, which help with digestion, heart health and blood sugar regulation.

Buying local in-season produce is less expensive and better for the environment (less travel = fewer emissions)



Choosing different colors of produce provides different vitamins and minerals:

Red & orange produce is high in beta-carotene (which becomes Vitamin A in our bodies)



Green produce is a good source of potassium and Vitamin K (both necessary for heart health)



Blue & purple fruits and vegetables are high in antioxidants (may help prevent cancer)



Yellow & white produce contain carotenoids and flavonoids, both powerful antioxidants

Sheet Pan Chicken and Vegetables for One

Prep Time: 10 minutes Cook Time: 20 minutes

Ingredients:

- 1 (4-oz) boneless, skinless chicken breast
- 1 small sweet potato (peeled & sliced into strips or wedges)
- 1/2 cup cherry or grape tomatoes
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/4 teaspoon salt-free Italian seasoning



Instructions:

1. Preheat the oven to 400°F.
2. In a medium bowl, toss sweet potatoes and tomatoes with the olive oil, salt, pepper and Italian seasoning, then place on half of the sheet pan.
3. Place the chicken breast on the other side of the sheet pan, then drizzle the rest of the oil and seasoning over it, rubbing in to coat completely.
4. Bake for 20-25 minutes, or until the chicken is cooked through (measuring at least 165°F using a thermometer) and the vegetables are tender.

Notes:

- ⇒ Preheat the oven to make sure the chicken browns and the veggies cook evenly
- ⇒ Avoid overcrowding the pan, which will lead to steaming instead of roasting
- ⇒ Add quicker cooking veggies (zucchini, bell peppers, broccoli, etc.) at the halfway point to avoid overcooking

Nutrition Facts:

382 calories
28g protein
29g carbohydrates
5g fiber
17g fat
3g saturated fat
406mg sodium

Fun Ways to Add Fall Produce to Your Meals



Cook down apples to make your own applesauce

Mix canned pumpkin with vanilla yogurt to make a dip for fruit and graham crackers



Add sliced pears to a salad for a bit of crunch and sweetness



Roast Brussels sprouts, broccoli, cauliflower or carrots with olive oil and garlic for a tasty and crispy side dish



Resources: <https://wexnermedical.osu.edu/nutrition-services/events/seasonal-superfoods>

<https://www.rush.edu/news/eat-colorful-diet>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/eat-the-rainbow-for-good-health>

Consumer-centered access for long-term care information, referrals and assessments.

For information, call 518-382-8481, #9, ext. 304



NY Connects
Your Link to Long Term Services and Supports

Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>