



A nutrition Fact Sheet



Fall Harvest Vegetables

Fall harvest vegetables include beets, broccoli, cabbage, carrots, cauliflower, collards, kale, bell peppers, winter squash (like acorn squash, butternut squash, spaghetti squash, delicata squash, and pumpkin), onions, potatoes, sweet potatoes, turnips, parsnips, and many more.

Roasting is a good way to cook vegetables like beets, carrots, turnips, sweet potatoes, parsnips, and potatoes. Wash and chop the vegetables, mix with a little oil, salt, and pepper, and bake in a 400°F oven until vegetables are soft – 15-45 minutes depending on type of vegetables and size of chunks.

Beets

- **Steam.** Wash beets gently. Put 1 or 2 inches of water in a pot. Put the beets in the pot, cover, and bring the water to a boil. Reduce heat to medium and steam until beets are easily pierced with a knife, about 15 to 30 minutes, depending on the size of the beets.

Sweet Potatoes

- **Microwave.** Pierce potatoes with a fork in several places. Microwave on high for 5 to 7 minutes or until tender, turning the potatoes once.
- **Sweet potato fries.** Toss wedges of sweet potato with a little oil, cayenne pepper, paprika, and salt. Bake at 400°F until tender all the way through, 30 to 40 minutes.

Carrots

- **Add to salad.** Top any salad with grated carrots.
- **Add to eggs.** Put shredded carrot in scrambled eggs or frittatas.
- **Add to sandwiches.** Add grated carrots to hot or cold sandwiches – even PB & J!

Turnips

- **Mash.** Add cooked, mashed turnips to mashed potatoes.
- **Add to stew or soup.** Add turnips to meat or vegetable soup, stew, broth, or stock.

Parsnips

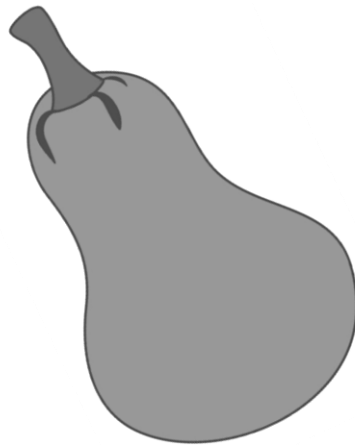
- **Use in hash browns.** Mix grated parsnips and potatoes and make hash browns.
- **Parsnip fries.** Cut parsnips into 3½ inch strips, toss with vegetable oil, season with salt and pepper, and bake in 450°F oven for 10 minutes. Turn over and roast another 10 minutes.

Kale

- **Massaged kale salad.** Wash and dry kale, remove stems, and cut or tear into pieces. Massage with vegetable oil, lemon juice, salt, and pepper. Let sit in fridge for 10 minutes.
- **Kale chips.** Wash and dry kale, remove stems, and cut or tear into pieces. Massage in ½ Tablespoon of oil per baking sheet of kale chips. Spread in a single layer on a baking sheet. Bake at 300°F for 10 minutes, rotate pan, and bake for another 15 minutes. Let cool 3 minutes and eat right away.

Winter Squash

- **To bake winter squash whole:** clean the squash, pierce several times with a sharp knife. Bake at 400° until tender when pierced with a fork.
- **To bake winter squash in half:** Clean the squash, cut in half, remove seeds and strings (leave strings in for spaghetti squash), place squash cut side down in pan, pour ¼ inch water in pan, bake at 350° until tender, about 45 minutes.
- **Have spaghetti squash instead of spaghetti for dinner!** Cook the squash as above. Scoop out flesh and serve with marinara sauce.



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Winter Squash Soup

Yield: 5 servings • Serving Size: 1 cup

- 2 teaspoons vegetable oil
- 2 cups sliced onions
- 2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced, or 1 can (15 ounces) sliced pears, drained and chopped
- 2 cloves garlic, peeled and crushed
- 2 Tablespoons coarsely chopped, peeled fresh ginger or 1 teaspoon powdered ginger
- 4 cups low sodium chicken or vegetable broth
- 1 cup water (or more)

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger, and thyme. Cook, stirring, for 1 minute.
4. Add broth and water. Bring to a simmer. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
5. Puree soup, in batches if necessary, in a blender. Return soup to pot. Stir in additional water to reach desired consistency and heat through.

*Adapted from
foodhero.org*

Nutrition Facts

5 servings per container	
Serving size	1 cup (540g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 32g	12%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 564mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.