

Celebrate Fall with MyPlate



The first official day of fall is September 23rd, so let's celebrate with MyPlate!

Tip #1: Stock Up on Seasonal Vegetables

It's easy to fill half your plate with fruits and vegetables at each meal when there are so many healthful foods coming into season right now.

For example, fall is the perfect time to make friends with the plethora of squashes that are finally coming into season. Try butternut, kabocha, acorn, or delicata as starter squashes. They're delicious when cubed and roasted over high heat for 45 minutes or so until they're caramelized and soft. Top them with a bit of fresh herbs or a squeeze of lemon juice. You can also mix them with a handful of toasted nuts or seeds for extra fall crunch!

Tip #2: Check Out the Fall Colors!

MyPlate insists that "physical activity is important for everyone," and there are lots of ways to have fun while exercising this fall. Try going to a picturesque hiking trail and following the path while enjoying the fall colors. And, if hiking isn't on the agenda, you could take the family on various walks around the neighborhood to see the leaves change as fall transforms the view.

Tip #3: Bring a New Recipe to Fall Parties

Whether it's football-viewing parties or a Halloween bash, something about fall really brings people together. The next time you find yourself attending a fall gathering, bring along a tasty treat that everyone can enjoy.

What treat, you ask? **Whole Grain Apple Pie Bread!** This bread makes it easy to follow MyPlate's advice and make at least half the grains you eat whole grains, every day. Plus, the combination of apples and cinnamon screams fall. Here's how to make it...

Put 1 cup water, 2 and 1/4 cups white whole wheat flour, 1 tablespoon sugar, 1 teaspoon apple pie spice, 1 tablespoon milk powder, 2 teaspoons olive oil, and 1 teaspoon instant dry yeast in a large bowl and mix well. Once the dough comes together, add 1/2 cup of diced dried apples and stir them in thoroughly.

Allow the dough to rise for 30-40 minutes or until it is doubled in size. Punch it down and place it in a non-stick bread pan. Allow the dough to rise for another 30 minutes and then bake it at 375°F for about 35 minutes until it is evenly browned.

