

SEASONS: FALL

Fall into a healthy eating pattern

Recipe: Fall Salad

Place 4 cups of washed and dried baby spinach in a large salad bowl and set aside.

Pour 1 teaspoon of olive oil into a non-stick skillet and heat it over medium-high heat. Add 1 teaspoon of garlic and 1 cup of sliced onion and sauté until golden, about 2 minutes.

Add 2 cups chopped cauliflower and sauté for 2 minutes, then pour in 2 cups of diced tomatoes, 2 cups of cooked small red beans, 2 tablespoons of red wine vinegar, 1 tablespoon of water, 1 tablespoon of fresh basil (minced) and some freshly cracked black pepper.

Stir until heated through, about 2 or 3 minutes. Pour the heated beans and veggies over the spinach and serve. This salad also goes well over pasta or brown rice.

Seasonal Eating with MyPlate

MyPlate is the USDA's guide to healthful and balanced eating at each meal. You can follow it by dividing your plate among fruits and vegetables, whole grains, lean and varied protein and low-fat dairy.

The photo below features a sample plate that follows MyPlate's proportion advice. You can see the small serving of turkey, surrounded by whole grain stuffing, veggies, and cranberries. Other seasonal foods include...

- Broccoli
- Cauliflower
- Acorn Squash
- Mushrooms
- Pumpkin
- Pear

