Fresh Fall Finds Recipes

Brussels Sprout Salad

This simple Brussels sprout salad makes the perfect side dish, or can be topped with your favorite protein to make a complete meal.

Ingredients:

- 1 pound **Brussels sprouts**
- 2 cups **kale**
- ½ cup sliced almonds
- ¼ cup hemp hearts
- 2 tablespoons olive oil
- ¼ cup lemon juice
- 1 tablespoon honey or maple syrup
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes
- Ground pepper (optional)

Instructions:

1. Shave the Brussels sprouts either using a food processor, mandolin slicer, box grater, or knife. Add to a large bowl.
2. Thinly slice the kale into fine ribbons. Add these to the bowl as well.
3. Place the almonds in a dry skillet and toast over medium heat, until golden brown, about 2 minutes. Add to the bowl, followed by the hemp hearts.
4. In a separate small bowl, whisk together the remaining ingredients to form the dressing. Pour over the ingredients in the bowl and massage together with your hands. Taste and adjust seasoning as needed.

Nutrition facts per serving (yields 8 servings):						
Calories: 125	**Fat:** 8 g	**Carb.:** 10 g	**Protein:** 5 g	**Fiber:** 3.5 g	**Sugar:** 4 g	**Sodium**: 90 mg

Recipe adapted from https://www.simplyquinoa.com/best-shaved-brussels-sprout-salad/

Quick Spiced Apples or Pears

Cooking fruit brings out the natural sweetness to make a healthy dessert or topping for yogurt and oats.

Ingredients:

- 1 **apple** or **pear**, cored and sliced
- ¼ teaspoon cinnamon
- 1 Tablespoon water

Instructions:

1. Place all ingredients in a microwave-safe dish, stir to combine.
2. Microwave for about 2 minutes until tender.

Nutrition facts per serving (yields 1 serving):						
Calories: 110	**Fat:** 0 g	**Carb.:** 25 g	**Protein:** 0 g	**Fiber:** 5 g	**Sugar:** 14 g	**Sodium**: 2 mg

Recipe adapted from www.mommity.com/baked-apple-microwave/

Applesauce Granola

Upgrade your granola with this homemade version that uses applesauce to keep added oil and sugar in check.

Ingredients:

- 4 cups rolled oats
- 1 cup chopped nuts or seeds (almonds, walnuts, sunflower seeds, pumpkin seeds, hemp hearts)
- ¼ teaspoon salt
- ½ cup unsweetened **applesauce**
- ¼ cup neutral oil (like canola or melted coconut oil)
- 1 teaspoon cinnamon or pumpkin pie spice
- 1 teaspoon vanilla
- 2 tablespoons honey or maple syrup (optional)

Instructions:

1. Preheat the oven to 300 °F. Line a rimmed baking sheet with parchment paper.
2. Stir all ingredients together in a medium bowl. Pour onto the prepared baking sheet and spread evenly.
3. Bake for 40-45 minutes or until lightly golden brown, stirring halfway.
4. Remove from oven and let cool fully on the pan. Store in an airtight container for up to 1 month.

Nutrition facts per serving (yields 20 ¼ cup servings):						
Calories: 130	**Fat:** 7 g	**Carb.:** 14 g	**Protein:** 0 g	**Fiber:** 2 g	**Sugar:** 2 g	**Sodium**: 42 mg

Recipe adapted from https://www.yummytoddlerfood.com/homemade-granola/

Autumn Squash Soup

This cozy soup is naturally sweet and provides your daily dose of vitamin A.

Ingredients:

- 1 large **butternut squash** (or 20 oz. package precut or frozen squash)
- 1 (15-ounce) can **pumpkin** purée
- 3 cups no-salt-added vegetable or chicken broth
- 1 cup **apple cider**
- 1 cup evaporated milk
- ¼ teaspoon curry powder
- ½ teaspoon ground cinnamon
- ½ teaspoon each salt and black pepper
- 6 tablespoons of pumpkin seeds

Instructions:

1. Heat oven to 450°F. Coat a baking sheet with nonstick spray.
2. Peel the squash, remove the seeds, and cut into 1-inch cubes.
3. Place chopped butternut squash on the prepared baking sheet and roast for 25 minutes. Remove from oven and allow to cool for 5 minutes.
4. Add cooked squash to a blender or food processor and mix until smooth.
5. Add canned pumpkin, broth, apple cider, and evaporated milk to blender. Blend until smooth. Alternatively, if using an immersion or stick blender, place ingredients into a stockpot and puree.
6. Pour mixture into a stockpot and cook over medium heat until simmering. Add remaining spices.
7. Simmer on low for at least 10 minutes and season to taste. Serve with toasted pumpkin seeds.

Nutrition facts per serving (yields 6 servings):						
Calories: 175	**Fat:** 5 g	**Carb.:** 26 g	**Protein:** 8 g	**Fiber:** 4 g	**Sugar:** 14 g	**Sodium**: 230 mg

Recipe adapted from http://homemadecravings.com/panera-autumn-squash-soup/

Roasted Acorn Squash with Wild Rice Stuffing

Vegetarians and meat-lovers alike will dig into this satisfying stuffed squash.

Ingredients:

- 3 medium **acorn squash** (about 1 ½ pounds each), halved lengthwise and seeds removed
- 1 Tablespoon olive oil
- ½ medium yellow onion, finely chopped
- 2 medium shallots, finely chopped
- 4 **celery** stalks, finely chopped
- 1 tablespoon minced fresh **thyme** leaves
- 2 cups cooked **wild rice**
- ½ cup pecans, toasted and chopped
- ¼ cup dried **cranberries**, finely chopped
- ½ teaspoon freshly ground black pepper and salt, plus more as needed

Instructions:

1. Heat the oven to 450°F and arrange a rack in the middle. Coat baking sheet with cooking spray.
2. Place the squash cut-side up on the baking sheet, mist with cooking spray, and season with salt and pepper. Roast in the oven until fork-tender, about 25 to 30 minutes.
3. Meanwhile, add 1 tablespoon of olive oil to a large sauté pan over medium heat. Cook onion, shallots, and celery, season with salt and pepper. Cook, stirring occasionally until just softened, about 6 minutes.
4. Stir in the thyme and cook until just fragrant, about 1 minute.
5. Remove from the heat and stir in the rice, pecans, cranberries, and measured salt and pepper.
6. Divide the rice filling among the roasted squash halves (about ½ cup for each). Continue roasting until the edges have started to brown, and the filling is heated through about 20 to 25 minutes.

Nutrition facts per serving (yields 6 servings):						
Calories: 350	**Fat:** 9 g	**Carb.:** 65 g	**Protein:** 7 g	**Fiber:** 9 g	**Sugar:** 7 g	**Sodium**: 160 mg

Recipe adapted from www.chowhound.com/recipes/roasted-acorn-squash-with-wild-rice-stuffing

Harvest Sheet Pan Meal

Brimming with fall favorites, this blend of sweet and savory seasonal flavors is sure to feed and please a crowd.

Ingredients:

- 2 medium **sweet potatoes**, peeled and cut into ½-inch cubes (about 2 ½ cups)
- 2 **apples**, sliced
- 1 cup seedless red or **Concord grapes**
- 1 small red onion, halved and cut into thick slices
- 1 teaspoon caraway seeds
- ¼ teaspoon ground black pepper
- 6 turkey or chicken sausages*

Instructions:

1. Preheat the oven to 450°F. In a large bowl, combine sweet potatoes, apples, grapes, and onion. Mist with cooking spray and toss with caraway seeds and pepper.
2. Cover a baking sheet with parchment paper and add the above mixture. Arrange the sausages on top.
3. Roast until sausages are browned and cooked to 165°F, and sweet potatoes are tender about 35 minutes.

* Look for lean varieties with 5 grams of fat or less per serving. To lower the sodium content of this recipe, substitute the sausage for chicken breast tenderloins.

Nutrition facts per serving (yields 6 servings):						
Calories: 195	**Fat:** 5 g	**Carb.:** 25 g	**Protein:** 15 g	**Fiber:** 4 g	**Sugar:** 14 g	**Sodium**: 800 mg

Recipe adapted from www.wholefoodsmarket.com/recipe/one-dish-roasted-brats-apples-and-butternut-squash

Spaghetti Squash Lasagna Boats

Swap traditional pasta for spaghetti squash to boost your fiber and seasonal vegetable intake.

Ingredients:

- 3 small **spaghetti squash**
- Salt and pepper, to taste
- ½ cup part-skim ricotta cheese
- 2 Tablespoons grated parmesan cheese
- 3 Tablespoons chopped basil, divided
- ¾ cup shredded mozzarella cheese
- ½ onion, finely chopped
- 3 cloves garlic, minced
- 1 pound ground Italian chicken sausage*
- 14 ounces crushed tomatoes
- 1 bay leaf
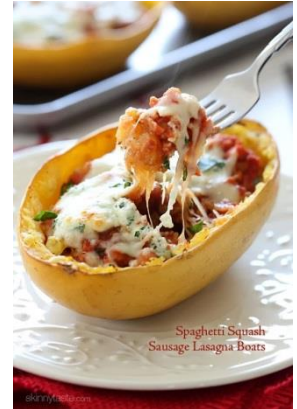
Instructions:

1. Preheat oven to 400°F. Line a baking sheet with foil.
2. Cut spaghetti squash in half lengthwise and scoop out seeds. Season with salt and pepper; bake about 1 hour, or longer if needed on prepared baking sheet, cut side down. If you prefer the microwave, cut squash in half lengthwise, scoop out seeds and place on a microwave safe dish and cover. Microwave 8-9 minutes or until soft.
3. In a small bowl combine the ricotta cheese, 2 Tablespoons parmesan cheese and basil.
4. Heat a large deep sauté pan over medium-low heat, coat with cooking spray. Sauté onion and garlic, add water if needed.
5. Add the sausage and cook, breaking up into smaller pieces until browned and cooked through. Add crushed tomatoes, bay leaf and cover, reducing heat to low. Simmer 20-30 minutes, at the very end stir in fresh basil.
6. When spaghetti squash is cooked, let cool for about 10 minutes keeping the oven on. If you microwaved your squash, preheat the oven to 400°F.
7. When the spaghetti squash is cool enough to handle, use a fork to remove flesh, which will come out in spaghetti looking strands. Set aside the empty squash shells on a baking sheet.
8. Drain the squash on a kitchen towel to soak up excess liquid, then mix with half of the sauce.
9. Add the spaghetti squash mixture to the 6 shells. Top each with remaining sauce, 1 Tablespoon ricotta cheese mixture, and 2 Tablespoons mozzarella cheese. Bake for 20-30 minutes or until cheese is melted.

*For a lower sodium option, substitute with 1 lb. lean ground chicken and add 2 teaspoons Italian seasoning and ¼ teaspoon each fennel seeds, paprika, red pepper flakes, garlic powder, onion powder, black pepper

Nutrition facts per serving (yields 6 servings):						
Calories: 250	**Fat:** 12 g	**Carb.:** 15 g	**Protein:** 20 g	**Fiber:** 4 g	**Sugar:** 7 g	**Sodium**: 700 mg

Recipe adapted from https://www.skinnytaste.com/spaghetti-squash-sausage-lasagna-boats/

Missouri
Fruits and Vegetables Harvest Calendar

Fruits and vegetables that are in season taste great, are better quality and offer better value. Seek out seasonal produce from nearby farms or farmer's markets. Add them to salad bars, meals and snacks.

Store broccoli and spinach in the refrigerator. The other vegetables will stay fresh stored in a cool, dry place!

12 Months
Seasonal Produce

OCT NOV DEC JAN FEB MAR APR MAY JUNE JULY AUG SEPT

For a complete list: http://agebb.missouri.edu/fmktdir/harvest.htm

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HARVEST CALENDAR

FRUITS

FRUITS	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
APPLES				X	X	X	X	X	X	
APRICOTS				X	X					
BLACKBERRIES				X	X	X				
BLUEBERRIES				X	X	X	X	X		
CANTALOUPE				X	X	X	X	X	X	
CHERRIES			X	X	X					
GOOSEBERRIES			X	X	X					
GRAPES, TABLE					X	X	X	X	X	
GRAPES, WINE						X	X	X	X	
NECTARINES					X	X	X			
PEACHES				X	X	X	X	X		
PEARS					X	X	X	X	X	
PLUMS					X	X	X	X	X	
RASPBERRIES, BLACK				X	X					
RASPBERRIES, RED				X	X	X	X	X	X	
STRAWBERRIES			X	X	X	X	X			
WATERMELON				X	X	X	X	X	X	

VEGETABLES

VEGETABLES	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
ARTICHOKES					X	X				
ASPARAGUS	X	X	X							
BEANS, LIMA					X	X	X	X		
BEANS, SNAP				X	X	X	X	X	X	
BEETS			X	X	X	X	X	X	X	
BROCCOLI			X	X	X	X	X	X	X	X
BRUSSELS SPROUTS			X							
CABBAGE			X	X	X	X	X	X	X	
CARROTS				X	X	X	X			
CAULIFLOWER			X	X	X		X	X	X	X
CUCUMBERS			X	X	X	X	X	X	X	
EGGPLANT				X	X	X	X	X		
GARLIC					X	X	X	X	X	
GREENS			X				X	X	X	
HORSERADISH				X	X	X	X	X	X	
KOHLRABI			X	X			X	X		
LEEKS			X	X	X	X	X			
LETTUCE		X	X	X	X		X	X	X	X
OKRA				X	X	X	X	X	X	
ONIONS, DRY			X	X	X	X	X	X	X	
ONIONS, GREEN		X	X	X	X	X	X	X		
PEAS, GREEN		X	X	X	X	X	X	X	X	
PEAS, SOUTHERN					X	X	X	X		
PEPPERS, BELL					X	X	X	X		
PEPPERS, HOT					X	X	X	X	X	
POPCORN						X	X	X	X	X
POTATOES					X	X	X	X	X	X
PUMPKINS						X	X	X	X	X
RADISHES			X	X	X	X	X	X		
RHUBARB			X	X	X	X	X	X		
SPINACH		X	X	X	X		X	X	X	
SQUASH, SUMMER			X	X	X	X	X	X		
SQUASH, WINTER					X	X	X	X	X	X
SWEET CORN				X	X	X	X	X		
SWEET POTATOES						X	X	X	X	X
TOMATOES			X	X	X	X	X	X	X	
TURNIPS			X	X	X	X	X	X	X	X

Food Product Dating

"Sell by Feb 14" is a type of information you might find on a meat or poultry product. Are dates required on food products? Does it mean the product will be unsafe to use after that date? Here is some background information which answers these and other questions about product dating.

What is dating?

"Open Dating" (use of a calendar date as opposed to a code) on a food product is a date stamped on a product's package to help the store determine how long to display the product for sale. It can also help the purchaser to know the time limit to purchase or use the product at its best quality. It is not a safety date. After the date passes, while it may not be of best quality, refrigerated products should still be safe if handled properly and kept at 40 °F (4.4 ºC) or below for the recommended storage times listed on the chart (see below). If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product by the times on the chart below.

Is dating required by federal law?

Except for infant formula (see below), product dating is not generally required by Federal regulations. However, if a calendar date is used, it must express both the month and day of the month (and the year, in the case of shelf-stable and frozen products). If a calendar date is shown, immediately adjacent to the date must be a phrase explaining the meaning of that date such as "sell by" or "use before."

There is no uniform or universally accepted system used for food dating in the United States. Although dating of some foods is required by more than 20 states, there are areas of the country where much of the food supply has some type of open date and other areas where almost no food is dated.

What types of food are dated?

Open dating is found primarily on perishable foods such as meat, poultry, eggs and dairy products. "Closed" or "coded" dating might appear on shelf-stable products such as cans and boxes of food.

Types of Dates

- A **"Sell-By"** date tells the store how long to display the product for sale. You should buy the product before the date expires.

- A **"Best if Used By (or Before)"** date is recommended for best flavor or quality. It is not a purchase or safety date.

- A **"Use-By"** date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.

- **"Closed or coded dates"** are packing numbers for use by the manufacturer.

Safety After Date Expires

Except for "use-by" dates, product dates don't always pertain to home storage and use after purchase. "Use-by" dates usually refer to best quality and are not safety dates. Even if the date expires during home storage, a product should be safe, wholesome and of good quality if handled properly. See the accompanying refrigerator charts for storage times of dated products. If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product according to the times on the chart below.

Foods can develop an off odor, flavor or appearance due to spoilage bacteria. If a food has developed such characteristics, you should not use it for quality reasons.

If foods are mishandled, however, foodborne bacteria can grow and, if pathogens are present, cause foodborne illness — before or after the date on the package. For example, if hot dogs are taken to a picnic and left out several hours, they will not be safe if used thereafter, even if the date hasn't expired.

Other examples of potential mishandling are products that have been: defrosted at room temperature more than two hours; cross contaminated; or handled by people who don't practice good sanitation. Make sure to follow the handling and preparation instructions on the label to ensure top quality and safety.

Dating Infant Formula

Federal regulations require a "use-by" date on the product label of infant formula under FDA inspection. If consumed by that date, the formula must contain not less than the quantity of each nutrient as described on the label. Formula must maintain an acceptable quality to pass through an ordinary bottle nipple. If stored too long, formula can separate and clog the nipple.

The "use-by" date is selected by the manufacturer, packer or distributor of the product on the basis of product analysis throughout its shelf life, tests, or other information. It is also based on the conditions of handling, storage, preparation, and use printed on the label. Do not buy or use baby formula after its "use-by" date.

What do can codes mean?

Cans must exhibit a packing code to enable tracking of the product in interstate commerce. This enables manufacturers to rotate their stock as well as to locate their products in the event of a recall.

These codes, which appear as a series of letters and/or numbers, might refer to the date or time of manufacture. They aren't meant for the consumer to interpret as "use-by" dates. There is no book or Web site that tells how to translate the codes into dates.

Cans may also display "open" or calendar dates. Usually these are "best if used by" dates for peak quality.

Canned foods are safe indefinitely as long as they are not exposed to freezing temperatures, or temperatures above 90 °F (32.2° C). If the cans look ok, they are safe to use. Discard cans that are dented, rusted, or swollen. High-acid canned foods (tomatoes, fruits) will keep their best quality for 12 to 18 months; low-acid canned foods (meats, vegetables) for 2 to 5 years.

Dates on Egg Cartons

Use of either a "Sell-by" or "Expiration" (EXP) date is not federally required, but may be State required, as defined by the egg laws in the State where the eggs are marketed. Some State egg laws do not allow the use of a "sell-by" date.

Egg cartons with the USDA grade shield on them must display the "pack date" (the day that the eggs were washed, graded, and placed in the carton). The number is a three-digit code that represents the consecutive day of the year starting with January 1 as 001 and ending with December 31 as 365. When a "sell-by" date appears on a carton bearing the USDA grade shield, the code date may not exceed 45 days from the date of pack.

Always purchase eggs before the "Sell-By" or "EXP" date on the carton. After the eggs reach home, refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The "sell-by" date will usually expire during that length of time, but the eggs are perfectly safe to use.

UPC or Bar Codes

Universal Product Codes appear on packages as black lines of varying widths above a series of numbers. They are not required by regulation but manufacturers print them on most product labels because scanners at supermarkets can "read" them quickly to record the price at checkout.

Bar codes are used by stores and manufacturers for inventory purposes and marketing information. When read by a computer, they can reveal such specific information as the manufacturer's name, product name, size of product and price. The numbers are not used to identify recalled products.

Storage Times

Since product dates aren't a guide for safe use of a product, how long can the consumer store the food and still use it at top quality? Follow these tips:
- Purchase the product before the date expires.
- If perishable, take the food home immediately after purchase and refrigerate it promptly. Freeze it if you can't use it within times recommended on chart.
- Once a perishable product is frozen, it doesn't matter if the date expires because foods kept frozen continuously are safe indefinitely.
- Follow handling recommendations on product.
- Consult the following storage charts.

Refrigerator Home Storage (at 40 °F [4.4 ºC] or below) of Fresh or Uncooked Products

If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product by the times on the following chart.

Product	Storage Times After Purchase
Poultry	1 or 2 days
Beef, Veal, Pork and Lamb	3 to 5 days
Ground Meat and Ground Poultry	1 or 2 days
Fresh Variety Meats (Liver, Tongue, Brain, Kidneys, Heart, Chitterlings)	1 or 2 days
Cured Ham, Cook-Before-Eating	5 to 7 days
Sausage from Pork, Beef or Turkey, Uncooked	1 or 2 days
Eggs	3 to 5 weeks

Refrigerator Home Storage (at 40 °F [4.4 ºC] or below)
of Processed Products Sealed at Plant

If product has a "use-by" date, follow that date. If product has a "sell-by" date or no date, cook or freeze the product by the times on the following chart.

Processed Product	Unopened, After Purchase	After Opening
Cooked Poultry	3 to 4 days	3 to 4 days
Cooked Sausage	3 to 4 days	3 to 4 days
Sausage, Hard/Dry, shelf-stable	6 weeks/pantry	3 weeks
Corned Beef, uncooked, in pouch with pickling juices	5 to 7 days	3 to 4 days
Vacuum-packed Dinners, Commercial Brand with USDA seal	2 weeks	3 to 4 days
Bacon	2 weeks	7 days
Hot dogs	2 weeks	1 week
Luncheon meat	2 weeks	3 to 5 days
Ham, fully cooked	7 days	Slices, 3 days; Whole, 7 days
Ham, canned, labeled "keep refrigerated"	9 months	3 to 4 days
Ham, canned, shelf stable	2 years/pantry	3 to 5 days
Canned Meat and Poultry, shelf stable	2 to 5 years/pantry	3 to 4 days

Food Safety Questions?

Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline (1-888-674-6854).**

The hotline is open Monday through Friday from 10 a.m. to 4 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at
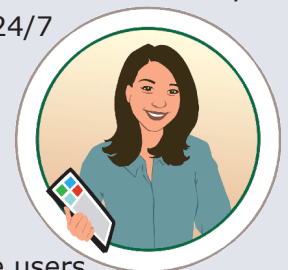
www.fsis.usda.gov

Send E-mail questions to **MPHotline.fsis@usda.gov**.

AskKaren.gov

FSIS' automated response system can provide food safety information 24/7 and a live chat during Hotline hours.

Mobile phone users can access **m.askkaren.gov**

PregunteleaKaren.gov