



## October SNAP-Ed Newsletter and Recipes

### The Nutrition Education Program, NEP

*\*Featured Nutrition Lesson on how to Stretch Your Food Dollars and Buy Produce in Season*

#### **Sweet Potato and Apple Bake**

*“Enjoy the taste of fall with the combination of sweet potatoes and apples in this delicious side dish.”*

**Serving size:** ¾ cup, 1/6 of the recipe

**Makes:** 6 servings

#### **Ingredients**

- 3 ½ cups sweet potatoes, drained (2-15 ounce cans; save 2 Tablespoons of the liquid )
- 2 cups apples (peeled, cored and cut into bite-sized pieces)
- 6 teaspoons brown sugar (2 tablespoons, packed)
- 1/3 cup chopped pecans
- 2 tablespoons flour
- 2 tablespoons butter, melted (unsalted)

#### **Directions**

1. Preheat oven to 350 degrees.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 Tablespoons of the sweet potato liquid over mixture.
5. Mix brown sugar, pecans, flour and melted butter together in small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake 20-30 minutes, until the top is golden brown and bubbly.

#### **MyPlate Food Groups/Ideas**

- Fruits- ½ cups
- Vegetables- ½ cups
- Grains- ¼ ounces
- Proteins- ¼ ounces
- Any type of apples will make this recipe great!
- Serve with chicken or turkey.

#### **Roasted Root Vegetables**

*“A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.”*

**Serving size:** ¼ of recipe (297g)

**Makes:** 4 servings

#### **Ingredients**

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium , chopped)
- ¼ cup of vegetable oil
- 3 Tablespoons Parmesan cheese

#### **Directions**

1. Preheat the oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

#### **MyPlate Food Groups/Idea**

- Vegetables 1 ¾ cups
- Dairy ¼ cups
- For the *Roasted Root Vegetables* recipe, stretch your food dollars using in-season fall vegetables, such as potatoes, sweet potatoes, onions, beets and carrots.
- To learn more about root vegetables, check out [www.choosemyplate.gov](http://www.choosemyplate.gov).
- Recipe sources listed on back.



## Save Money- Buy in Season!

Fruits and vegetables cost less if they are in season. They also cost less if they don't need to be shipped from far away. Look for the following fruits and vegetables grown locally and in the State of Pennsylvania to see where you can save money and buy in season.



Spring	Summer	Fall	Winter
<b><u>Fruits</u></b> Apples <b><u>Vegetables</u></b> Peas Beets Cabbage Radishes Spinach	<b><u>Fruits</u></b> Cherries Melons Strawberries <b><u>Vegetables</u></b> Broccoli Onions Peppers	<b><u>Fruits</u></b> Apples Pears <b><u>Vegetables</u></b> Cabbage Mushrooms Peppers Potatoes	<b><u>Fruits</u></b> Apples <b><u>Vegetables</u></b> Beets Cabbage Carrots Sweet Potatoes Winter Squash

### TIPS: Save Money at Home and at the Store

#### At Home

- Make a grocery list and stick to it.
- Keep kitchen cabinets organized so you don't buy what you don't need.
- Eat before going food shopping. It will stop you from buying food you don't need.
- Watch flyers for sales and compare prices among stores.

#### At The Store

- Buy unprepared foods instead of convenience foods. For example, buy plain frozen vegetables instead of ones with sauces.
- Buy generic foods instead of name brands. They are just as good and usually cost less.
- Buy dried beans, peas, and lentils to make low-cost soups and casseroles.

### Recipe Sources and Nutritional Information for *“Sweet Potato and Apple Bake”* and *“Roasted Root Vegetables”*

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-and-apple-bake> and <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-root-vegetables>

Information provided on \*Save Money- Buy in Season is taken from the SNAP-Ed funded, New York State Department of Health's Just Say Yes Curriculum, Lesson 3 on \*Stretching Food Dollars. For more information, to obtain a schedule of SNAP-Ed classes or to learn how you can attend a SNAP-Ed class via telephone or online during the Coronavirus Pandemic, please contact Gretchen Billy, Project Manager, at (724) 430-6428 or email [gbilly@fccaa.org](mailto:gbilly@fccaa.org), or contact Nate Torbich, Nutrition Educator, at (724) 430-6431 or email [ntorbich@fccaa.org](mailto:ntorbich@fccaa.org). This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.