

# Power Vegetables of Fall

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Your mother always told you to eat your vegetables and she was right. Vegetables are powerful foods packed with health promoting substances and energy. Just because the leaves are falling and a chill is in the air doesn't mean fresh vegetables are hard to find. In fact, fall root vegetables are some of the most powerful vegetables around and really get to the root of health.

**Potatoes** come in all sizes, shapes, and colors from Yukon gold to red russets. A naturally fat free food, one medium baked potato or one cup of mashed potatoes has about 145 calories and provides 35 grams of energy boosting carbohydrate. You also get about 25% of your daily need for collagen supporting and wound healing vitamin C and a powerful 650 mg of potassium to aid muscle and nerve activity.



**Butternut, acorn, spaghetti** – whatever the name, the dark orange and deep yellow color of winter squash indicates a power packed vegetable. On average one cup of baked winter squash cubes provides a sliming 80 calories, 18 grams of carbohydrate, 6 grams of disease fighting fiber and nearly 100% of your need for vitamin A.

**Pungent parsnips** are often overlooked, but are a high energy low-fat nutrient packed vegetable. One parsnip has 115 calories with 6 grams of fiber; and like other fall vegetables provides plenty of vitamin C and potassium.

Whether baked, boiled, or mashed fall vegetables are a powerful addition to your diet. Cook some up today.

# Recipes

## Dilly Potatoes

1 pound potatoes, boiled, peeled, and cut into 1 inch cubes (about 4 cups)  
1 Tbs. olive oil  
1 tsp. salt  
2 Tbs. fresh dill or 2 tsp. dried dill weed.

Toss hot potatoes with olive oil, salt, and dill. Serve as a delicious side dish. Serves 4.  
*Nutrients per serving:* 164 Kcals, 31 g carbohydrate, 2 g fiber, 3 g protein, 3 g fat, 19% vitamin C, 15% potassium.

## Stuffed Acorn Squash with Cranberries

4 acorn squash  
2 1/2 cups prepared bread stuffing  
1 cup cranberry sauce

Cut squash in half and remove seeds. If necessary cut a slice off bottom so squash will stand upright on baking sheet. Prepare stuffing according to package directions. Fill each squash with 1/3 cup stuffing and bake at 400 degrees F. 45-60 minutes or until squash is tender. Before serving top each stuffed squash with 2 Tbs. cranberry sauce. Makes 8 entrees. *Nutrients per serving:* 275 Kcals, 56 g carbohydrate, 3 g fiber, 4 g protein, 5 g fat, 39% vitamin C, 22 % vitamin A, 27 % potassium.