

# SEASONAL SPOTLIGHT: *autumn*



OCTOBER - DECEMBER 2024

## EMBRACE THE SEASON

With the end of summer comes the return of warm, comforting flavors and colors in our produce - and a variety of vitamins and minerals to keep your immune system at its best through cold and flu season. Check out your local farmer's market to make the most of this season's produce and stay healthy and warm as the weather cools down.



## IN SEASON NOW:

- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Collard Greens
- Cranberries
- Ginger
- Grapes
- Green Beans
- Kale
- Kiwi
- Lettuce
- Mangos
- Mushrooms
- Onions
- Parsnips
- Pears
- Peas
- Pineapples
- Potatoes
- Pomegranate
- Pumpkin
- Radishes
- Raspberries
- Rutabagas
- Spinach
- Sweet Potato & Yam
- Swiss Chard
- Turnips
- Winter Squash

# SWEET POTATO, BLACK BEAN, AND TURKEY LETTUCE WRAPS

This recipe serves 4.

## Ingredients:

- 1/2 lb sweet potato, diced into 1/2 inch cubes
- 4 tsp olive oil, divided
- 1 medium onion, diced
- 3 cloves minced garlic
- 1 lb ground chicken
- DASH taco seasoning mix
- 1 can black beans
- 1 red bell pepper, diced
- 1 head of lettuce, separated into leaves

## Instructions:

1. First, prepare the sweet potatoes:
  - a. Preheat the oven to 425°F.
  - b. Toss the sweet potato cubes in 2 tsp olive oil, salt and pepper to taste.
  - c. Place mixture on a nonstick pan and roast in oven for 15-20 minutes.
2. While potatoes are cooking, prepare the rest of the filling:
  - a. In a large skillet, heat 2 tsp olive oil over medium heat. Add onion and saute for 3-5 minutes, then add garlic and saute for 2-3 minutes more.
  - b. Add ground chicken with 2 Tbsp DASH seasoning to preference. Cook in pan until cooked through and broken into crumbles.
3. Transfer canned black beans to a microwave-safe bowl. Add 1 Tbsp DASH taco seasoning and stir to mix evenly. Microwave until heated through.
4. Assemble lettuce wraps with sweet potato, black beans, ground chicken, and diced red pepper in each lettuce leaf.
5. Optional: top with light sour cream or plain Greek yogurt.

adapted from <https://www.goodlifeeats.com/black-bean-sweet-potato-and-chicken-lettuce-wraps/>

# MAPLE CHIPOTLE ROASTED VEGETABLES

This recipe serves 4.

## Ingredients:

- 2 medium sweet potatoes, peeled and cut into cubes
- 1.5 pounds Brussels sprouts, ends removed and cut in half
- 2 Tbsp olive oil
- 2 Tbsp maple syrup
- 1 tsp ground Chipotle pepper
- 1/2 tsp salt

## Instructions:

1. Preheat oven to 350°F and line a large sheet pan with foil or parchment paper.
2. Mix olive oil, maple syrup, salt, and Chipotle pepper in a small bowl.
3. In a larger bowl, combine Brussels sprouts and sweet potato cubes.
4. Pour olive oil mixture over sweet potatoes and Brussels sprouts, and toss to coat evenly.
5. Pour mixture onto sheet pan and place in oven. Roast for 30-40 minutes, stirring halfway through.
6. Serve and enjoy.

adapted from <https://www.goodlifeeats.com/maple-chipotle-roasted-sweet-potatoes-and-brussels-sprouts/>