



Fresh Fall Fruits & Vegetables

Fruits and vegetables are naturally low in fat and high in fiber.

Adults should eat about 4 1/2 cups of fruits + vegetables each day.

To get the most for your money, buy fresh fruits and vegetables in season.

Rinse all fruits and vegetables before peeling and/or eating.

Good Buy\$ for Fall

- ✓ Apples
- ✓ Grapes
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Eggplant
- ✓ Potatoes
- ✓ Winter squash



Fall Vegetable Soup Serves 6

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|-------------------------|---|
| 1 carrot, sliced | 1 can (10 ¾ oz.) condensed chicken broth |
| 1 large potato, chopped | 1 tsp. chicken-flavored bouillon granules |
| 1 medium onion, chopped | 2 cups chopped green cabbage |
| 1/4 tsp. garlic powder | 2 cups chopped broccoli |

1. Combine carrot, potato, onion, garlic, broth, bouillon and 1 cup of water in saucepan.
2. Cover and cook on medium heat until soup boils. Add cabbage and broccoli.
3. Lower heat and cook 10 or 15 minutes until vegetables are soft.

Option: Use beef broth and beef bouillon instead of chicken.

NUTRITION FACTS (per serving) - Calories 90 ~ fat 1 g ~ calories from fat 10 ~ sodium 450 mg
~ total carbohydrate 17 g ~ fiber 4 g



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